

Pollo Mole Verde

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*2 pounds chicken pieces
2 cloves garlic
1/2 onion
1 tablespoon salt
3 to 4 sprigs cilantro
1 pound tomatillos
3 jalapeno peppers
2 teaspoons salt
1/2 onion
1/2 bunch cilantro
3 cloves garlic
1/4 cup water
20 whole almonds
1 cup water
1/2 cup sesame seeds
1/2 head iceberg lettuce
3 tablespoons oil*

In a pot, make the chicken broth with chicken, two cloves of garlic, the onion, salt and cilantro sprigs. Cook until the chicken is done and broth is hot.

To start the verde sauce: In a saucepan, cook the tomatillos, jalapenos, salt, onion, cilantro and three garlic cloves in one to two cups of water for 15 minutes (save the water).

In a saucepan, cook the whole almonds in one cup of water. Cool and peel.

In a non-stick skillet, toast the sesame seeds.

In a saucepan, simmer the lettuce in two cups of chicken broth.

In a blender, blend the tomatillo mix, almonds, and the lettuce with its cooking broth. Adjust consistency with broth.

In a large pot, heat oil. With a wooden spoon, add the ingredients from the blender. Add the verde sauce.

In a blender, place one cup of chicken broth and the sesame seeds. Blend until smooth. Add to the pot. Add the chicken pieces from the original broth and whole cilantro leaves.

Serve over Spanish rice.

Per Serving (excluding unknown items): 2713 Calories; 205g Fat (66.7% calories from fat); 150g Protein; 80g Carbohydrate; 29g Dietary Fiber; 564mg Cholesterol; 11168mg Sodium. Exchanges: 2 Grain(Starch); 18 Lean Meat; 9 Vegetable; 29 Fat.