

Chicken & mole sauce

Mexico is where the popular, richly spiced sauce called mole [MOH-lay] originates. The word mole generally means "mixture of ingredients ground together," and most are slow-simmered sauces (with the exception of guacamole).

A mole can seem like a peculiar combination of ingredients, and variations abound, but almost all

preparations begin with one or more types of dried chile. The mole that most Americans are familiar with is the darkly colored version called mole negro from Oaxaca [wa-HAH-kah]. It might seem complicated, but this streamlined recipe is simple to make. To get started, a trip to a Mexican market is in order, where you'll find just what you need.

