

# Chicken Tamal with Mole Poblano

## Chef Alan Delgado

### Allergens

- Wheat, tree nuts

### Kitchen Tools

- Stand mixer or whisk and bowl
- Large skillet or comal
- Large pot
- Steamer
- Blender

### Ingredients (6-8 Servings)

#### *For the tamal dough:*

- 1000g masa
- 200g shortening or lard
- 1 teaspoon baking powder
- 2 teaspoon kosher salt
- 1 cup water, room temperature'

#### *For the chicken:*

- 1 chicken, quartered
- 2 tablespoons kosher salt
- Water to cover by two inches

#### *For the mole Poblano:*

- 2 ancho peppers, deseeded and deveined (save the seeds)
- 4 pasilla peppers, deseeded and deveined (save the seeds)

### Instructions

#### *For the tamal dough:*

1. Using a stand mixer or a whisk and bowl, whip the shortening, baking powder, and salt until the mix becomes shiny like icing. Slowly start adding the masa and whip until thoroughly mixed.
2. Add water in quarter amounts until a well hydrated dough is achieved. You should be able to easily spread the dough with a spoon or spatula. Cover with plastic and allow to rest for one hour.

#### *For the chicken:*

1. Place ingredients in a pot and simmer until the chicken is cooked through. Once cooked, remove the chicken and allow to cool then shred. Reserve the chicken stock to make the mole poblano.

#### *For the mole Poblano:*

1. Toast the peppers in a dry skillet then place in a container with the hot chicken broth and the black raisins for 20 minutes until the peppers become pliable.
2. Toast the nuts, seeds (including the saved pepper seeds), and spices individually until the nuts and seeds are golden brown, and the spices are aromatic. Add to the peppers.
3. Char the vegetables in a hot, oiled skillet until the vegetables are cooked through. Toast the bread and tortillas in a dry skillet or comal.
4. Blend all ingredients except for the chocolate until smooth, then transfer to a pot. Simmer for 6 hours. If the consistency is too thick, add twice the volume of the mole in water and simmer for 6 hours. Be careful not to burn the mole and add water as necessary.



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### Ingredients (continued)

- 4 mulato peppers, deseeded and deveined (save the seeds)
- 4 garlic cloves
- ½ teaspoon anise seeds
- ½ teaspoon coriander seeds
- 1 tablespoon black peppercorn
- ½ inch canela stick
- ½ cup sesame seeds
- ½ cup almonds, skin on
- ½ cup peanuts
- ½ cup pumpkin seeds
- ½ cup black raisins
- 2 corn tortillas
- 2 slices of bread
- ½ each white onion, sliced
- 2 Roma tomatoes
- 2 tomatillos
- 2-4 oz dark chocolate
- Chicken broth, hot

#### *For the tamales:*

- Shredded chicken
- Mole Poblano
- Tamal dough
- Dried corn husks, soaked in water for 10 minutes

### Instructions (continued)

5. Add 1 oz of chocolate at a time until your mole is balanced. Blend until smooth, then pass through a fine mesh strainer.
6. Heat 3 tablespoons of oil in a pot until smoky. Turn the heat off and carefully pour in the mole. Stir with a whisk as you pour to prevent splatter. Turn the heat back on and simmer for 10 minutes. Season with salt.

#### *For the tamales:*

1. Toss the chicken with enough mole to coat and set aside.
2. Pull the largest corn husks you have out of the water and dry them with a paper towel.
3. Place a spoonful of masa in the middle of the husk and spread into a 2 to 3 inch square, leaving space around the edges. Add chicken down the middle of the dough. Make sure to leave enough space for the tamal to seal.
4. Fold the sides like a taco to seal the tamal. Place on the table and gently roll into a tight taquito.
5. Shred a couple of pieces of hydrated husk and tie each end of the tamal so it looks like a bow tie.
6. Put water in your steamer and bring to a simmer. Place the tamales in the steamer and cook for 45 minutes. Allow the tamales to set for 15 minutes before heating back up to enjoy.

#### *To plate:*

Carefully cut the husk down the middle. Pull the husk to reveal the tamal. Cover with mole poblano and garnish with toasted sesame seeds.

