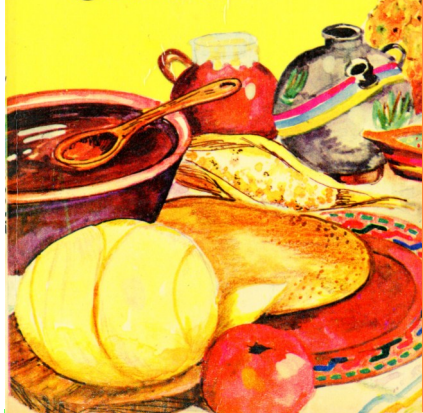


lo mejor de  
**LA COCINA  
OAXAQUEÑA**



Campo, Elena Tajonar. *Lo Mejor de la Cocina Oaxaqueña*. Mexico: Gomez-Gomez Hnos. Editores, 1975. P. 27.

Justly famous for its diverse and unique cuisine, Oaxaca is sometimes called the land of seven moles. According to chef Ricardo Muñoz Zurita, the core seven moles are: chichilo negro, manchamanteles, Amarillo, coloradito, Colorado, negro and verde. However, there are numerous other mole variations, too. [1] Some moles are traditionally served with poultry (such as mole negro), while others generally appear with pork (like mole verde). Tonight's recipe is a stew-like yellow mole made with guajillo chiles, beef, and corn meal dumplings.

## Mole Amarillo

4 chiles guajillos.  
1 jitomate maduro mediano.  
20 tomates chicos.  
1 pedazo de cebolla.  
½ taza de masa.  
2 cdas. de manteca.  
10 cominos.

2 dientes de ajo.  
1 hoja de hierba santa o hojas de aguacate  
1 puño de ejotes.  
2 chayotes medianos.  
½ kg. de espinazo o de codillo.  
sal al gusto.

La carne se cuece con sal al gusto, agua, ajo y cebolla. Y que esté bien cocida, se le agregan los chayotes pelados y picados y los ejotes deshebrados. Los chiles se remojan en agua fría durante tres horas aproximadamente, se desvenan y se muelen. Los jitomates, los ajos, los cominos, la hoja de hierba santa tostada y los tomates crudos se licúan. Media cucharada de manteca se calienta y en ella se frien los chiles molidos; una vez estén bien sofritos, se adiciona el licuado de jitomates y tomates. Posteriormente, se añade la carne, los ejotes, los chayotes y el caldo colado. La masa se mezcla con una chuaradita de manteca y sal; se amasa muy bien y se forman unas bolitas, a las cuales se les hace un huequito para que queden como nidos. Cuando el caldo este hirviendo, se incorporan las bolitas de masa, una a una. Se sirve caliente.

[1] Ricardo Muñoz, *Diccionario Enciclopédico de Gastronomía Mexicana* (México : Editorial Clío : Fundación Herdez, 2000), 404.

## Mole Amarillo

*Yield: ~6 servings. Preparation time: ~1 h. Cooking Time: ~2 h*  
*\*With a few modifications for the modern cook*

4 guajillo chiles	1 ripe red tomato
20 small tomatillos	½ cup masa
2 tbsp. lard	10 cumin seeds
2 cloves of garlic	1 handful of green beans
2 medium chayote squash	1 garlic clove
1 small onion, roughly chopped	salt to taste
1 yerba santa leaf or some avocado leaves	
1 pound beef for stewing, or skirt or flank steak, cut into 1-inch cubes	

1. Soak the chiles in hot water for about 15 minutes. Devein and grind in a blender.
2. Put the beef, garlic, and onion into a large saucepan, cover well with water, add salt to taste, and bring to a simmer. Simmer over low heat until beef is tender – about 40-60 minutes. A meat thermometer in the middle of a cube should read at least 145°Fahrenheit.
3. Meanwhile, peel and slice the chayote squash and cut the green beans into small pieces.
4. When the meat is well cooked, add the chayote and green beans.
5. In a blender, liquefy the red tomato, garlic, cumin, yerba santa leaf (previously toasted), and raw tomatillos.
6. Heat half a tablespoon of lard and fry the ground chiles in this. When well-cooked, add the liquefied tomato and tomatillo mixture.
7. Drain the beef and vegetables, but reserve broth and strain it through a sieve.
8. Add the beef, vegetables, and enough broth for a thick soup to the chile-tomatillo mixture and bring to a boil. Add reserved broth as needed.
9. Mix the masa with a teaspoon of lard and salt. If using masa harina, use ¾ c. masa harina to ½ c. water, ¼ tsp. salt, and 2 tsp. vegetable oil.
10. Mix well and form into small balls, about the size of cherries. Push a finger into each ball to make an indentation, so they look like small nests. When the broth is boiling, add the dumplings one by one. Simmer 10-15 minutes, till dumplings are cooked through. Serve hot.

## Mole Amarillo—*Quadrupled to serve 24 and with notes for demo prep*

16 guajillo chiles  
80 small tomatillos

2 cups masa

40 cumin seeds

4 yerba santa leaves or some avocado leaves (optional)

8 medium chayote squash (use ~6 cups frozen summer squash or zucchini)

4 small white onions, roughly chopped

4 pounds beef for stewing, or skirt or flank steak, cut into 1-inch cubes

4 ripe red tomatoes

8 tbsp. lard (use vegetable oil)

8 cloves of garlic

~2 cups green beans—buy frozen.

4 garlic cloves

salt to taste

### At 4:30:

1. Soak the chiles in hot water for about 15 minutes. Devein and grind in a blender.
2. Chop the garlic and onion.
3. **Split between two large saucepans:** the beef, half the garlic, and all the onion. Cover well with water, add salt to taste, and bring to a simmer. Simmer over low heat until beef is tender – about 40-60 minutes. A meat thermometer in the middle of a cube should read at least 145°Fahrenheit.
4. Remove the husks from all but one of the tomatillos. Cut tomatillos and tomatoes into quarters.
5. Dry-roast the yerba santa or avocado leaves in a hot dry skillet for a few moments.

### At 5:30, the demonstration begins.

- 1) Explain to audience how to soak the chiles (show example of a dried one and a soaked one) and tell them what is simmering with the beef.
- 2) Ask audience members to chop the summer squash and quarter the tomatillos.
- 3) By now, the beef should have been simmering for about 45 minutes, so add frozen squash and beans.
- 4) Ask an audience volunteer to liquefy the red tomato, the rest of the garlic, cumin, yerba santa leaf (previously toasted), and raw tomatillos.
- 5) Fry the pureed chiles. Add the liquefied tomatillo mixture.

### By 6:00, it is time to have the components of the stew ready to combine:

- 1) By now, the beef and veggies should be cooked. Drain into a colander. Reserve the broth in a mixing bowl.
- 2) Add the beef, vegetables, and enough broth for a thick soup to the chile-tomatillo mixture and bring to a boil. Add reserved broth as needed.
- 3) Mix the masa with a teaspoon of lard and salt. If using masa harina, use  $\frac{3}{4}$  c. masa harina to  $\frac{1}{2}$  c. water,  $\frac{1}{4}$  tsp. salt, and 2 tsp. vegetable oil. Ask a volunteer to help form and drop in dumplings.

### By 6:15, have the dumplings ready to add to the stew:

1. Mix well and form into small balls, about the size of cherries. Push a finger into each ball to make an indentation, so they look like small nests. When the broth is boiling, add the dumplings one by one. Simmer 10-15 minutes, till dumplings are cooked through. Serve hot.

### 6:30 Serve and clean-up.

## Mole Amarillo Grocery List for a Quadrupled Recipe

16 guajillo chiles

4 ripe red tomatoes

80 small tomatillos

\*this is a LOT of tomatillos—may want to call HEB the day you go shopping to ensure they have this many, or plan to go to two HEB locations. Also, because this number is so large, I'd assume the recipe means very, very small tomatillos. The ones HEB sells are usually quite big, so if you get 40 regular-sized ones, it's probably plenty.

Masa harina (need at least 2 cups. Find with flour and baking supplies)

8 tbsp. lard (use vegetable oil)

40 cumin seeds

8 cloves of garlic

4 yerba santa leaves or some avocado leaves (optional)

~2 cups green beans—buy frozen.

8 medium chayote squash (buy ~6 cups frozen summer squash or zucchini instead—confirmed that HEB Plus at Bandera sells in frozen section)

4 garlic cloves

4 small white onions, roughly chopped

salt to taste

4 pounds beef for stewing, or skirt or flank steak, cut into 1-inch cubes—buy already chopped up. If chopped smaller than 1 inch, that's even better as it will cook faster.

Paper plates

Forks

Plastic cups for water.

\*Also buy beef bullion cubes in case beef broth is accidentally dumped out during the draining process (try to avoid it, but it's the kind of thing that happens).