

INGREDIENTS

- 2 pasilla peppers seeded
- 2 ancho chiles seeded
- 1/4 onion
- 3 cloves of garlic
- 2 roma tomatoes
- 2 tomatillos
- 2 avocado leaves
- 1/3 cup sesame seeds
- 4 pieces cloves
- 4 pieces allspice
- 1/4 piece cinammon stick
- 1tbspoon dry oregano
- 2 bayleaves
- 1/2 tbspoon cumin seeds
- 5 portions of beef tenderloin
- 1/3 cup lard
- 2 cups of water
- 1 piece chicken bouillon
- salt and pepper
- 2 chayotes (cook for 10 minutes in salted boiling water)

INSTRUCTIONS

1. Preheat the lard in a casserole and add the chiles, tomatoes, tomatillos, onion and garlic, fry for about 3 minutes and add the water and bouillon. simmer for 45 more minutes.
2. In a pan put the spices and the seeds, low heat for about 2 minutes.
3. blend ingredients from the casserole and the seeds and spices for 1 minute.
4. bring back the mole to the casserole and simmer low heat for 10 minutes, rest for at least 2 hours.
5. In a separate pan, cook the tenderloin at the term you desire.
6. Serve with chayotes.
7. Rice, black bean and tortillas are great with moles.



Chichilo Mole with beef tenderloin



4-5 servings



80 minutes

One of the seven moles from Oaxaca, a rich and aromatic mole, truly jewel of Mexican traditional Cuisine.

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