



Kitchen Cheat Sheet: Mole Sauce

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Tips and Time Savers

- This sauce is better the second day. Make it at least a day ahead of time and refrigerate overnight if possible. If not, let it sit as long as you can for the flavors to meld.
- Do let the sauce cool a little before blending. A build up of steam can cause it to "explode" out of the blender and you could get burned.
- Make sure to blend in small amounts. 1 or 2 cups at a time depending on the size of your blender is about right.
- This is a great way to use up stale tortilla chips!
- Make sure not to let the garlic scorch or burn. It will give a rancid flavor to the mole sauce.

Storage

Let the sauce come to room temperature and then spoon it into an airtight container and refrigerate for 4 to 5 days.

You can also measure out the mole into recipe sized amounts and freeze for 3 or 4 months.

The story behind it

I was in Salt Lake City, Utah for a conference a few years ago and my friend Deb (from Bowl Me Over) and I decided to head out on a food adventure and try a local Vietnamese spot.

We called for an Uber and sank into the back seat with a sigh, giving the driver the address.

He pulled up at a seedy little hole in the wall with men standing around the front entrance. And when I say "men" please picture the guys that your mom firmly put her foot down about in high school.

"SO," we said to the driver, "do you have any recommendations?"

He smiled and told us about Red Iguana. We settled back in the seat and were on our way. So, at Red Iguana we both had mole but different types. I went with a classic mole poblano over turkey and I knew I was going to replicate it to the best of my ability.

I was totally hooked! You will be, too!

Oh, and Deb? I can't remember what she ate but she had her first Paloma cocktail!

FAQs

What's mole made from?

Mole sauce is made from 20 or more ingredients which always include dried chiles and chocolate. There are several different varieties and each variety has numerous variations depending on who's doing the cooking!

How long does mole sauce take?

Traditionally mole is simmered slowly over low heat but this mole poblano takes less than an hour.

What does mole sauce taste like?

Ummm... Heaven?

Mole is spicy and fruity, with meaty undertones. The chocolate softens the flavors of the peppers and brings everything together. It's especially good with chicken, turkey, and pork but I like it over veggie enchiladas, rice, and just off a spoon!

What's mole sauce used for?

It's often served over chicken or turkey – it's a great way to use up leftover Thanksgiving turkey! Sometimes mole is used as a sauce for enchiladas or in casseroles.

Serve with

- Drizzle over tacos
- Use as an enchilada sauce
- Spoon over chicken breast before baking
- Spoon over pork
- Simmer pork or chicken in the slow cooker with this sauce
- Stir into your favorite stew recipe for a quick pick me up
- Nachos!
- Pour over cream cheese and heat in the microwave – serve as a dip with tortilla chips
- Stir a spoonful into melted butter and mix into hot vegetables to perk them up

Nice to have

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KOIOS 5-in-1 Hand Immersion Blender for a silky, perfect mole sauce!

This powerhouse is basically the Swiss Army knife of blenders—except it's prettier and doesn't live in a junk drawer. With 12 speeds, a copper motor, and enough attachments to make your old blender feel insecure, it whips, froths, purees, and blends like a champ. That velvety mole sauce? Child's play. Plus, it's red. So it looks fabulous doing it.

 [Click here to snag one](#)—and then act like you always had your life this together.