

Chicken with Green Mole

LuLu Hernandez

2025 UConn Dining Services Culinary Olympics

Ingredients:

30 Chicken Drumsticks or Chicken Thighs

1 Small Onion

6 Garlic Cloves

5 Bay Leaves

Salt

For the Sauce

Ingredients:

1 pound of Tomatillos

3 Poblano Peppers

2 Serrano Peppers

3 Jalapeno Peppers

1 Head of Romaine Lettuce

2 Cups of Spinach

½ an Onion

4 Garlic Cloves

1 ½ cups of Shelled Pumpkin Seeds

1 Cup of Toasted Sesame Seeds

½ Cup of Nuts (Peanuts or Almonds)

A small Bunch of Cilantro

A small Bunch of Epazote

- Cook Chicken in a large pot with onion, garlic, bay leaves, salt, and plenty of water. Note: You will need about 5 cups of chicken stock later to make the Green Mole Sauce. So make sure you use enough water to cook the chicken.
- Remove chicken from the pot and place it in a bowl. Then strain the liquid and set everything aside as we proceed to make the sauce.
- Place tomatillos in a saucepan, cover with water, and bring to a boil over high heat. Once it starts boiling, reduce the heat to low and simmer until tomatillos are pale green and soft.
- Toast pumpkin seeds, sesame seeds, and nuts. Then blend it with the tomatillos, all the peppers, lettuce leaves, spinach, cilantro, onion, garlic, and spices with 1 cup of chicken stock. Process until you have a very smooth sauce. Depending on the blender, you may need to work in batches.

Chicken with Green Mole

LuLu Hernandez

2025 UConn Dining Services Culinary Olympics

- In a saucepan over medium heat, pour in some oil and fry the sauce, stirring constantly until a thick paste forms, about 5 minutes. Whisk the remaining 4 cups of chicken stock, then bring to a boil before reducing to a simmer. Let simmer for 30 minutes, stirring occasionally until reduced and thickened.
- Add cooked chicken into the sauce until heated through, and serve warm with additional fresh cilantro, rice, and fresh tortillas.

For Making the White Rice

Ingredients:

5 pounds Medium Grain Rice

1 small Onion chopped

4 Garlic Cloves minced

5 quarts of Chicken Stock or Water

Salt

- In a saucepan, pour in the oil and allow it to heat, then add the rice and sauté until it turns a light golden-brown color. Stir often. Make space in the center of the saucepan and add the chopped onion and minced garlic. Sauté for 3 minutes, stirring occasionally.
- Pour the chicken stock or water carefully, as it will release a lot of steam. Then add the salt and mix until well combined. Cover the rice with a lid or aluminum foil and turn the heat to low, and let it cook for about 30 minutes.

For Making Homemade Corn Tortillas

Ingredients:

2 pounds of corn flour (Maseca)

½ cup of Flour

1 tsp of Salt

About 3 cups of water as needed

- In a mixing bowl, whisk together corn flour, flour, and salt. Pour in water, then mix with your hands or with a wooden spoon until combined.
- Knead the mixture by hand for a few minutes until you have a soft, non-sticky dough, while adding more water or flour as needed.
- Let it rest for 20 minutes to allow more moisture to be absorbed by the flour.

Chicken with Green Mole

LuLu Hernandez

2025 UConn Dining Services Culinary Olympics

- Divide the dough into 16 portions, roll each portion into a ball, and place them on a plate, covering with plastic wrap.
- Heat a cast-iron skillet over medium-high heat.
- Open a tortilla press and place one sheet of thick food-grade plastic, then place one ball on top of the plastic. Cover the dough with the second sheet of plastic. Close the tortilla press, then press with the handle until the ball flattens to a 6-inch round. Carefully peel the top plastic sheet in the palm of one hand, and peel the bottom plastic sheet away with the other hand.
- Transfer the tortilla to a preheated skillet and cook about 40-60 seconds per side.
- Line an airtight container with a paper towel, then transfer the tortilla to the container to let it steam, soften, and keep warm.