



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: Tomatillos

Mole Verde

Ingredients:

2 lbs tomatillos, husked removed and washed
1 cup water
½ cup sesame seeds or almonds
4-5 sprigs mint
4 cloves garlic, peel on
2 Tbs honey or agave syrup
1 small onion, cut into wedges
1-2 jalapeño, whole
1 bay leaf
salt to taste
2 Tbs lard or oil

Directions:

Set your oven to 400F. Line a baking sheet with parchment paper. Set aside. Heat a heavy bottomed pot over medium high heat. Toast the sesame seeds or almonds until lightly browned and aromatic. Transfer to a plate. Set aside.

Place the tomatillos, onion, garlic, and jalapeño on the parchment lined baking sheet. Drizzle with a little oil and bake until the tomatillos darken and blister. Allow the garlic to cool slightly before carefully removing the skin. Transfer the ingredients and sesame seeds to a blender or food processor. Leave out the jalapeño if you don't like spicy foods, we'll use it in a couple steps. Puree the mixture until smooth. You may need to do this in split batches depending on the size of your processor/blender. (Note, be sure NOT to fill the blender to the top. Hot items need more room because heat expands.)

Place the pot back over the medium high heat with the 2 tablespoons lard/oil. Pour in the tomatillo mixture along with the bay leaf, mint, jalapeño, and a few sprinkles of salt. Bring to a low boil then reduce heat slightly. Stir in water. Let simmer for about 20 minutes. Now, if you're like me, I use jalapeños for flavor and only a LITTLE heat. I don't want the heat to overpower my recipe. The benefit of adding the jalapeño in whole (stem included) is that you can control the amount of heat. Every few minutes taste the mole. Remove the jalapeños with tongs when the flavor and heat is to your preference.

After about 20 minutes, the sauce should be a nice thick consistency. If needed, add salt to taste. Remove the bay leaf and sprigs of mint. Use the mole over chicken, fish, rice or vegetables.

*Tomatillos can taste sour or bitter. If this taste seems to linger after you've completed the dish. Add more honey a spoonful at a time to avoid adding too much. The honey will balance out the bitterness but you won't be able to taste it.