

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Enmolada (en-mo-la-dah) with easy Black Mole (mo-lay) Sauce!



Ingredients – serves 4 people

12 each 6" Tortilla's (corn is best, but wheat will work as well)
2 each chicken breasts (sliced into mini breasts - 6mm thick)
2 cups stock (chicken or vegetable)
1 small onion (diced 2mm thick)
4 Tbsp Lancashire cheese (grated coarsely)
5 Tbsp sour cream
1 Tbsp milk
A few coriander leaves (washed)

1 tin chopped tomatoes (pureed)
4 Tbsp chipotle chili peppers (pureed)
1 Tsp ground cumin
1 Tsp cinnamon
¼ Tsp chili powder
1 Tsp oregano
3 - 4 Tbsp dark chocolate (70% cocoa – roughly chopped/broken)
stock from cooked chicken to make a smooth pouring sauce
Salt & Black Pepper to taste

Method

Bring the stock to a gentle rolling boil and add the chicken slices – let them cook for 2 minutes then turn the heat off.

Mix sour cream and milk together then set aside.

Bring the pureed tomatoes to a gentle simmer, then stir in the chipotle puree, oregano, cumin, cinnamon and chili powder. Whisk together and keep on a low simmer – cook for approx. 5 minutes.

Remove the chicken from the stock and place onto a plate.

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
“Foodie Thursday”.



Add the chocolate to the sauce and whisk together until the chocolate has fully melted – then add enough of the stock to make a smooth sauce the consistency of thick pouring cream.
Season with salt and black pepper to taste.

Warm the tortilla's in the microwave for a few seconds (if they are dry, then dampen a clean tea towel and wrap the tortillas in this first).

Pull the chicken apart/shred with your fingers.

Lay as many tortillas out as you can manage/comfortably work with.

Arrange a line of shredded chicken (approx. 2 tbspn onto the bottom third, fold the side closest over and then roll up tightly into a cigar shape.

Arrange onto the serving plate.

Repeat for all tortillas.

Divide the hot sauce over the top of the rolled tortilla's.

Spoon the sour cream over each set of tortillas (slash as per picture or simply spoon onto the centre.

Garnish with Lancashire cheese, diced onion and coriander.

Enjoy with quinoa or brown rice on the side.

Notes from the chef:

The sauce may be made in advance but re-heat very gently or the chocolate may burn and become bitter.

70% cocoa makes a dark, velvety sauce but if you prefer a softer flavour then use 50%.

The intensity of the spice can be increased or reduced to your personal taste – increase or decrease the chile levels accordingly.

The chicken does not need to be shredded super finely – if it can be easily rolled into the tortilla then this is ok.

If you cannot find Lancashire cheese then any 'crumbly' cheese may be substituted such as Caerphilly.

Tbsp - tablespoon

Tsp - teaspoon