



Chicken in Red Sesame Seed Sauce: Pipian Rojo del Norte



Gluten Free



Dairy Free

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READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

671 kcal

SAUCE

Ingredients

- ☐ 6 ancho chiles
- ☐ 1 large avocado leaf fresh toasted finely
- ☐ 5 peppercorns black
- ☐ 3.5 cups chicken broth low-sodium homemade canned
- ☐ 0.5 inch mexican cinnamon (canela)
- ☐ 1 clove garlic peeled
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 6 servings cilantro and mint leaves mixed for garnish
- ☐ 0.8 cup sesame seed plus more for garnish toasted
- ☐ 2 chicken breasts whole boneless skinless halved
- ☐ 3 tablespoons vegetable oil
- ☐ 6 servings vegetable oil as needed

Equipment

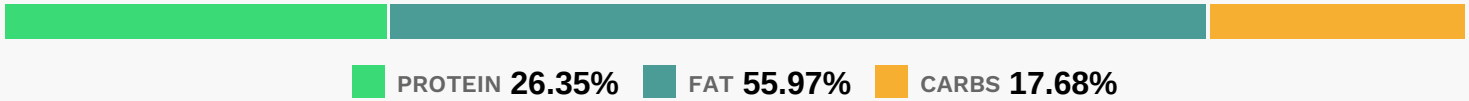
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ Stem and seed the chiles, reserving 1 tablespoon of the seeds, or more to taste.
- ☐ Toast the chiles in a large cast iron skillet over high heat.
- ☐ Transfer the chiles to a bowl, cover with hot tap water, and soak for 20 minutes.
- ☐ Drain.
- ☐ Meanwhile, toast the chile seeds in the skillet. In a clean coffee or spice grinder, finely grind the chile seeds, sesame seeds, peppercorns, cloves, and cinnamon.
- ☐ In a blender, combine the chiles, ground spices, 1/2 cup chicken broth, and garlic and blend.
- ☐ Heat the lard in a saucepan over medium-high heat.
- ☐ Pour in the blended sauce and cook, stirring and scraping the bottom, until somewhat reduced, about 10 minutes.
- ☐ Add the remaining 3 cups chicken broth, bring to a boil, lower the heat and simmer until thickened, about 20 minutes more. Season with salt and pepper. (The sauce may be prepared up to 3 days ahead and stored in the refrigerator.)

- ☐ Preheat a grill or grill pan. Lightly brush the chicken with oil and season with salt and pepper. Grill the chicken, turning to make cross-hatched marks, until just cooked through, about 12 minutes.
- ☐ Transfer the chicken to a platter and let rest for 5 minutes.
- ☐ Slice the chicken and transfer to a platter.
- ☐ Reheat the sauce and stir in the avocado leaf. Ladle the sauce over the chicken, sprinkle with sesame seeds, and garnish with herb leaves.
- ☐ Serve with corn tortillas.
- ☐ Serving Suggestion: Warm corn tortillas.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.83, Inflammation Score:-10, Nutrition Score:34.818260887395%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 670.99kcal (33.55%), Fat: 42.83g (65.89%), Saturated Fat: 7.67g (47.94%), Carbohydrates: 30.42g (10.14%), Net Carbohydrates: 17.98g (6.54%), Sugar: 14.44g (16.04%), Cholesterol: 83.9mg (27.97%), Sodium: 654.44mg (28.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.37g (90.74%), Vitamin A: 9539.22IU (190.78%), Vitamin K: 79.28µg (75.51%), Selenium: 41.81µg (59.73%), Vitamin B3: 10.7mg (53.52%), Fiber: 12.44g (49.75%), Vitamin B6: 0.95mg (47.46%), Copper: 0.92mg (46.13%), Phosphorus: 437.49mg (43.75%), Manganese: 0.81mg (40.62%), Vitamin B2: 0.63mg (36.99%), Iron: 6.62mg (36.8%), Zinc: 5.04mg (33.59%), Magnesium: 130.42mg (32.6%), Potassium: 1075.07mg (30.72%), Calcium: 222.17mg (22.22%), Vitamin E: 3.31mg (22.04%), Vitamin B12: 1.27µg (21.19%), Vitamin C: 11.92mg (14.45%), Vitamin B1: 0.2mg (13.52%), Folate: 41.13µg (10.28%), Vitamin B5: 0.89mg (8.9%), Vitamin D: 0.16µg (1.05%)