



HEALTH SCORE

66%

Turkey Mole



Gluten Free



Very Healthy

READY IN



92 min.

SERVINGS



8

CALORIES



907 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 allspice



5 allspice



0.5 cup almonds raw chopped



8 ancho chiles dried stemmed seeded seeds reserved



5 peppercorns black



2 stalks celery quartered



8 pasilla chiles dried stemmed seeded



6 ounces mexican drinking chocolate sweet chopped

- ☐ 1 large bunch cilantro leaves 1 cup sprigs
- ☐ 1 piece cinnamon sticks
- ☐ 8 servings rice cooked for serving
- ☐ 1 corn tortilla plus more for serving
- ☐ 4 cloves garlic unpeeled
- ☐ 8 servings kosher salt
- ☐ 0.5 cup pepitas hulled pumpkin seeds
- ☐ 0.5 cup raisins
- ☐ 4 tablespoons sesame seed plus more for topping
- ☐ 0.3 star anise pod break off a point
- ☐ 4 medium tomatillos husked
- ☐ 2 medium tomatoes
- ☐ 4.5 pound to 8 turkey thighs
- ☐ 0.8 cup vegetable oil
- ☐ 0.5 large onion white

Equipment

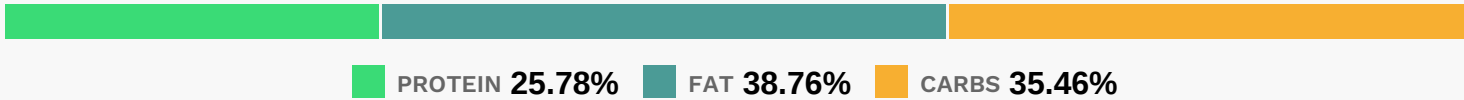
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ broiler
- ☐ measuring cup
- ☐ slotted spoon
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ Put the turkey, onion, celery, cilantro sprigs, cloves, allspice, star anise, peppercorns and 1 teaspoon salt in a large pot; add cold water to cover. Bring to a simmer over medium-high heat, then reduce the heat to medium low and simmer until very tender, about 1 hour, 30 minutes.
- ☐ Remove the turkey with tongs and transfer to a plate to cool slightly. Strain the broth through a fine-mesh sieve into a large measuring cup or bowl. You should have about 8 cups broth; if you have more, simmer until reduced to 8 cups. Skim the fat off the surface.
- ☐ Remove the turkey skin; refrigerate the meat until ready to use. (The turkey and broth can be made 1 day ahead; cover and refrigerate.)
- ☐ Make the mole: Preheat the broiler.
- ☐ Put the tomatillos, tomatoes, garlic and onion on a rimmed baking sheet. Broil, turning, until charred, about 10 minutes.
- ☐ Transfer to a bowl to cool.
- ☐ Remove the skins from the tomatoes and garlic.
- ☐ Heat 1/4 cup vegetable oil in a large skillet over medium-high heat. Fry the ancho and pasilla chiles in batches, turning, until softened, 30 to 45 seconds; transfer to a bowl. Fry the tortilla in the hot oil, turning, until browned, 4 minutes; add to the bowl with the chiles. Cover with water and soak 30 minutes, then drain.
- ☐ Add the chiles and tortilla to the bowl with the tomatillo mixture and set aside.
- ☐ Meanwhile, discard the oil in the skillet and wipe clean.
- ☐ Heat another 1/4 cup vegetable oil in the same skillet over medium-high heat.
- ☐ Add the almonds and fry, stirring, until golden, 3 minutes.
- ☐ Add the raisins and stir until plump, 30 seconds; transfer to a bowl using a slotted spoon.
- ☐ Add the pepitas and fry, stirring, until they begin to pop, 2 minutes; transfer to the bowl with the almonds.
- ☐ Discard the oil in the skillet and wipe clean.
- ☐ Heat the skillet over medium heat.
- ☐ Add the sesame seeds and toast, stirring, until golden, about 3 minutes; transfer to a clean bowl to cool.

- ☐ Add 1 heaping tablespoon of the ancho chile seeds, the allspice, peppercorns, cloves, star anise and cinnamon stick to the skillet and toast, stirring, 2 minutes; transfer to the bowl with the sesame seeds and let cool. Grind the sesame-spice mixture in a spice grinder to make a fine powder.
- ☐ Put the fried almonds, raisins, pepitas, sesame-spice powder, 1/4 teaspoon salt and 2 cups of the reserved turkey broth in a blender and blend until smooth; transfer to a bowl. Working in batches, blend the broiled vegetables, fried chiles and tortilla, 1 teaspoon salt and 2 cups turkey broth until smooth.
- ☐ Heat the remaining 1/4 cup vegetable oil in a large Dutch oven over medium-high heat.
- ☐ Add the pureed chile mixture and cook, stirring frequently, until slightly thickened, about 5 minutes (be careful-the mixture will spatter). Stir in the ground almond mixture and 2 cups turkey broth; bring to a simmer over medium-low heat. Stir in the chocolate until melted.
- ☐ Add the turkey thighs and simmer until heated through, about 30 minutes. The mole should be the consistency of gravy; thin with more broth, if necessary. Season with salt.
- ☐ Serve with rice and tortillas.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:68.66, Glycemic Load:30.82, Inflammation Score:-10, Nutrition Score:54.559130710104%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 907.03kcal (45.35%), Fat: 40.26g (61.94%), Saturated Fat: 11.05g (69.03%), Carbohydrates: 82.86g (27.62%), Net Carbohydrates: 66.97g (24.35%), Sugar: 32.08g (35.64%), Cholesterol: 158.19mg (52.73%), Sodium: 1541.95mg (67.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.26g (120.52%), Vitamin A: 10093.26IU (201.87%), Vitamin B12: 10.21µg (170.1%), Selenium: 112.22µg (160.31%), Vitamin C: 84.23mg (102.1%), Zinc: 12.44mg (82.9%), Vitamin B2: 1.4mg (82.14%), Manganese: 1.47mg (73.26%), Phosphorus: 702.29mg (70.23%), Fiber: 15.88g (63.54%), Vitamin B6: 1.24mg (62.14%), Vitamin K: 62.46µg (59.48%), Vitamin B3: 11.46mg (57.3%), Potassium: 1813.08mg (51.8%), Iron: 8.82mg (49.01%), Magnesium: 170.95mg (42.74%), Copper: 0.84mg (41.89%), Vitamin E: 4.47mg (29.78%), Vitamin B5: 2.96mg (29.62%), Vitamin B1: 0.44mg (29.01%), Calcium: 161.21mg (16.12%), Folate: 55.62µg (13.9%)