

Any Day Mole Sauce



1/2 yellow onion, diced
2 cloves garlic, minced
Olive oil
1/2 t Fennel seed
3T Chili powder
2t sugar
Pinch Cayenne pepper

3/4 t Saigon cinnamon
2T Cocoa powder
2-3 C Chicken broth
2T natural peanut butter
2T raisins, soaked and crushed
1/2 t salt
1/4 t pepper

Saute onion and garlic in oil over medium heat, 2 minutes.

In a mortar and pestle, crush the fennel seed (or use the side of a knife) and combine with the chili powder, sugar, cayenne, cinnamon, cocoa, salt & pepper.

Add spice mixture to onion/garlic and stir 1 minute.

Add 2 C of the chicken broth, the peanut butter and the raisins (drained).

Stir well to combine. Lower heat and simmer 20 minutes, stirring occasionally.

If sauce starts to thicken too much, add more broth.

Captain's Note:

Serve this over chicken, or stir into your favorite chili recipe!