

TASTE OF ART



FEATURED RECIPES



ENMOLADAS (MOLE ENCHILADAS)

Serves 4 to 6

For the mole:

- 2 dry ancho chiles
- 2 dry guajillo chiles
- 1/2 cup toasted peanuts
- 2 tablespoons sesame seeds
- 1/2 onion
- 2 cloves garlic, peeled and smashed
- 3 Roma tomatoes
- 1 corn tortillas, toasted
- vegetable oil
- 1 ripe plantain, peeled and chopped
- 1 tablespoon dried Mexican oregano
- 2 1/2 cups chicken broth
- 1/4 teaspoon ground allspice
- 1 1/2 ounce (40 grams) Mexican semi-sweet chocolate
- salt and pepper

For the enmoladas:

- warm mole sauce
- 12 tortillas
- 3 tablespoons vegetable oil
- 2 cups crumbled queso fresco
- toasted sesame seeds
- refried black beans

Equipment needed:

Cutting board, knife, skillet, medium pot or Dutch oven, blender, tongs, bowls, stirring spoons

DIRECTIONS:

1) Prepare the mole:

1. Stem and deseed the chiles and place in a bowl. Cover with boiling water. Let sit until fully rehydrated.
2. In a dry skillet over medium, individually toast the peanuts and then the sesame seeds until lightly browned and aromatic. Be careful not to burn them. Place in a blender. (If using toasted nuts, omit.)
3. In the same dry skillet, brown the garlic, onion, and tomatoes. Add to the blender.
4. Toast tortilla on the dry skillet or directly over an open gas flame and add to the blender.
5. Heat about 1/4 cup oil to the skillet and fry the plantains until golden brown. (You may need to add a little more oil.) Add to the blender.
6. Remove the rehydrated chiles from the water and add to the blender along with the oregano and 2 cups chicken broth. Puree until smooth.
7. Add about 2 tablespoons vegetable oil to a medium pot of Dutch oven. When hot, carefully add the puree and mix well. Bring to a simmer, add the allspice, chocolate, salt and a little pepper to taste. Add another 1/2 cup chicken broth.

Prepare the enmoladas:

1. Set a plate covered with paper towels aside.
2. Add 1/4 cup oil to a skillet on high heat. One hot, turn the heat to medium and start frying the tortillas, turning once. The tortillas should soften. Place over the paper towel lined plate to absorb the oil but keep warm.
3. After frying all the tortillas, dip them one by one using tongs in the mole. Place on a plate, fill with cheese and fold in half. Repeat.
4. Garnish with sesame seeds and serve with refried black beans.

Share your photos and tag us on social media at @LUArtGalleries for a chance to win a restaurant gift card.



Héctor García Cobo
Mexican, 1923 - 2012

Frida with Painting "The Love Embrace of the Universe, the Earth, Myself, Diego and Señor Xolotl", Casa Azul, Coyoacán

Gelatin silver print, 1949 (Printed 1980's)

LUF 2015 1312

Gift of Carla Stellweg

CLASSIC MARGARITA

1/4 cup kosher salt for rimming glass
2 ounces blanco tequila
1/2 ounce orange liqueur
3/4 ounce lime juice
1/4 ounce agave or simple syrup *

1. Spread salt on a small plate. Rub lime wedge around the rim of a glass and dip into the salt to lightly coat. Set aside.
2. Fill a cocktail shaker halfway with ice. Add all of the ingredients. Cover and shake until mixed and chilled, about 30 seconds.
3. Fill the prepared glass with ice and strain the margarita into it. Garnish with a wedge of lime.

* If using simple syrup, please prepare in advance. Combine 1/2 cup sugar and 1/2 cup water in a small saucepan. Bring to a simmer until sugar dissolves completely. Remove from heat and let cool completely before using.

Equipment needed:

Cutting board, knife, jigger, small plate, cocktail shaker

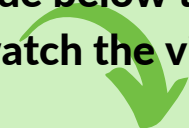
To make a mocktail version skip the orange liqueur and tequila and use sparkling water in its place.

Join us for Taste of Art as we travel south to explore a traditional Mexican mole recipe and learn about the significance and impact of the artist Frida Kahlo. Kahlo was a surrealist Mexican painter whose art focused on gender, class and race through the lens of her experiences, challenges and adventures. She was known for hosting large dinner parties and her cookbook features several variations of mole. Inspired by the various mole recipes included in Frida's cookbook, Maite Gomez-Rejón of ArtBites will walk us through how to create Enmoladas (Mole Enchiladas) using our own version of this traditional Mexican sauce and its historical ingredients that are rooted in Indigenous Aztec culture.



This project was made possible in part by the Institute of Museum and Library Services, American Rescue Plan for Museums and Libraries.

Scan the QR code below to learn more and to watch the video !



www.luag.org
@LUArtGalleries

Contact us:
luag@lehigh.edu
(610) 758-3615