



Mole de mamá-Lena, Salto de Eyipantla Veracruz Aurelina Paz

Es la receta de mi abuela, ella era partera y curandera y aunque no supiera escribir ni leer se sabía el nombre de todas las plantas y sus usos. Ella no cobraba por compartir su conocimiento, pero nunca le faltó nada; la gente a cambio le daba lo que podía: frijoles, pescado, maíz, fruta, pollos, huevos y muchas cosas más. Las otras parteras se enojaban con ella, le preguntaban, de qué vamos a vivir si no cobramos, a lo que ella respondía: ¿cuándo han visto que los pájaros se mueran de hambre?

Ingredientes

30 personas

200 g de chile guajillo	1 cebolla entera
200 g de chile mulato	5 dientes de ajo
200 g de chile pasilla	1 rebanada de pan
200 g de chile ancho	1 tortilla
2 chiles pasillas mixe	3 plátanos machos
2 chiles jalapeños criollos ahumados	½ kilo de manteca (o aceite)
100 g de cacahuete	1 cucharada de comino
100 g de almendra	½ barra de canela
100 g de ajonjolí	1 cucharada de clavo
100 g de cacao (o una barra de chocolate)	1 cucharada de pimienta negra
250 g de tomate	1 cucharada de pirul (opcional)
	4 cucharadas soperas de miel
	Sal al gusto



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This is my grandmother's recipe, she was a midwife and a healer and even though she did not know how to read or write, she knew the name and uses of every single plant. She did not charge for sharing her wisdom but she never went without. In exchange for her knowledge, people gave her what they could; beans, fish, maize, chicken, eggs, and many other things. The other midwives would get angry with her. They would ask: how are we going to make a living if we do not charge people? To this, my mother answered: When have you ever seen birds starve?

Ingredients

30 people

200 g guajillo chilli	1 whole onion
200 g mulato chilli	5 cloves of garlic
200 g pasilla chilli	1 slice of bread
200 g ancho chilli	1 tortilla
2 pasillas mixe chilli	3 plantains
2 jalapeños criollos smoked chilli	½ kg lard (or oil)
100 g peanut	1 tsp cumin
100 g almond	½ stick of cinnamon
100 g sesame	1 tsp cloves
100 g cacao (or a dark chocolate bar)	1 tsp black pepper
250 g tomatoe	1 tsp pirul (optional)
	4 tbp honey
	Salt to taste

Clean all of the chillies by taking away the veins and the seeds. In a pan, fry the chillis with a bit of lard. Then, boil then in a pot for 5 minutes. Sieve the chillis to remove the water. Throw the water away. Blend the chillis in a blender or using a metate. Put to the side.

Fry all of the other ingredients with the lard (the seeds, nuts, tomato, onion, garlic, plantain, bread, tortilla, spices). After frying the ingredients blend with a bit of water using the blender or metate. Put to the side.

In a pot, preferably made out of clay, add 350g of lard. Add the different blended mizes slowly. Add the honey and salt to taste. Let most of the water evaporate, for at least one hour, until you have a paste left. Stir constantly,