



Mole Poblano (Mexican Mole Sauce)

Mole Poblano is a rich, complex sauce made with chilies, chocolate, and spices. It's often served over chicken and is a deeply emotional dish, perfect for celebrating love and tradition.



Serves 4



1 hour

Recipe by Kirsten Bacon, The Kingborough Cook

INGREDIENTS

- 2 dried ancho chilies
- 2 dried pasilla chilies
- 1 dried mulato chili
- 1/4 cup sesame seeds
- 1/4 cup pumpkin seeds
- 1/4 cup almonds
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 cups chicken stock
- 2 oz Mexican chocolate or dark chocolate
- 1/4 cup raisins
- 1 tsp cinnamon
- 1/2 tsp cloves
- 1/4 tsp allspice
- 1/2 tsp cumin
- Salt to taste

DIRECTIONS

1. Remove the stems and seeds from the dried chilies. Toast them lightly in a dry pan for a few seconds, then soak them in hot water for 20 minutes until softened.
2. Toast the sesame seeds, pumpkin seeds, and almonds in the same pan until lightly browned. Set aside.
3. In a blender, combine the soaked chilies, toasted seeds, nuts, onion, garlic, and spices. Add chicken stock and blend until smooth.
4. In a saucepan, cook the mole mixture over medium heat for about 10 minutes. Stir in the chocolate, raisins, and additional chicken stock to achieve the desired consistency.
5. Simmer for 15–20 minutes, stirring frequently, and season with salt to taste.
6. Serve the mole over chicken, rice, or your choice of dish.



Sundays

with Lucie Cutting

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Chiles en Nogada (Chillies Poblano with walnut sauce)

A festive and flavourful dish, Chiles en Nogada represents the colours of the Mexican flag, with green chiles, white walnut sauce, and red pomegranate seeds. The dish symbolizes celebration and tradition, and it's often associated with Mexican Independence Day.



**Serves 3 as a main
or 6 as a side**



1 hour

Recipe by Kirsten Bacon, The Kingborough Cook

INGREDIENTS

- 6 large poblano chillies
- 1 lb pork or beef mince
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1/4 cup chopped almonds or pecans
- 1/4 cup raisins
- 1/4 cup chopped plantain or apple
- 1 tsp cinnamon
- 1/4 tsp cloves
- 1/2 cup tomato sauce
- 1/4 cup fresh parsley
- 1 cup walnut kernels
- 1/2 cup milk or cream
- 1 tbsp sugar
- 1/4 tsp salt
- Pomegranate seeds for garnish

DIRECTIONS

1. Roast the poblano chillies over an open flame or under grill until the skins are blackened. Place them in a plastic bag to steam, then peel off the skins, remove the seeds, and set aside.
2. In a pan, cook the minced meat with onions, garlic, cinnamon, cloves, almonds, raisins, and plantain or apple. Stir in tomato sauce and cook until everything is well combined.
3. For the walnut sauce (Nogada), blend the walnuts with milk, sugar, and salt until smooth and creamy.
4. Stuff the roasted poblano chillies with the meat mixture, then pour the walnut sauce over them.
5. Garnish with fresh parsley and pomegranate seeds before serving.



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Torta de Tres Leches (Three Milk Cake)

This rich, indulgent dessert is made with three types of milk and is often served at family gatherings, symbolizing the sweetness and complexity of love.

Recipe by Kirsten Bacon, The Kingborough Cook



Serves 8-16



**1 hour
+ overnight**

INGREDIENTS

- 1 box of sponge cake mix
- 3 large eggs
- 1/2 cup milk
- 1/4 cup sugar
- 1 can (12 oz) evaporated milk
- 1 can (14 oz) sweetened condensed milk
- 1/2 cup heavy cream
- 1 tsp vanilla extract
- Whipped cream for topping

DIRECTIONS

1. Prepare the sponge cake according to the instructions on the box, baking it in a 9x13-inch dish.
2. Once the cake is done, poke holes all over the top using a fork.
3. In a separate bowl, mix the evaporated milk, sweetened condensed milk, heavy cream, and vanilla extract.
4. Pour the milk mixture evenly over the warm cake, allowing it to absorb. Refrigerate the cake for several hours or overnight.
5. Top with whipped cream just before serving, and garnish with cinnamon or fruit.



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Mexican Chocolate with Cinnamon (Champurrado)

This warm, thick drink is a comforting symbol of the warmth and depth of Mexican culture. It is often served with tamales and is a staple of Mexican family meals.



Serves 3-4



10 minutes

Recipe by Kirsten Bacon, The Kingborough Cook

INGREDIENTS

- 4 cups of milk
- 1 cinnamon stick
- 1/2 cup of masa harina (corn flour for tortillas)
- 2-3 tbsp of Mexican chocolate (or 70% dark chocolate)
- 1 tbsp sugar (adjust to taste)
- 1/2 tsp vanilla extract

DIRECTIONS

1. In a saucepan, combine milk and cinnamon stick. Bring to a simmer over medium heat, then reduce to low.
2. In a separate bowl, whisk the masa harina with a small amount of cold milk or water until smooth.
3. Slowly whisk the masa mixture into the simmering milk, stirring to avoid lumps.
4. Stir in the Mexican chocolate and sugar, and whisk until the chocolate melts into the liquid.
5. Continue to cook, stirring often, until the drink thickens slightly.
6. Remove from heat, add vanilla extract, and serve hot.



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