



# Chiles Rellenos

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 6-8 Poblano peppers
- Queso fresco
- 28 oz can white peeled tomatoes
- 1/2 onion
- 2 cloved mashed garlic
- EVOO
- salt
- 3 eggs
- 1/2 cup flour

## Instructions

***THIS IS A LABOR OF LOVE! Definitely worth the effort. Cheap meal too!***

**CHILES:** At least two chiles per person should be used. Char the chiles by putting them in a pan under the broiler and turning until skin is black and blistered all over. Remove from oven and place the peppers in a plastic bag of type used for produce in supermarkets. Keep the bag closed and allow the peppers to sweat it out. After 10-20 minutes you can start peeling the peppers.

When the pepper is peeled, make an incision with a sharp paring knife in the side of the pepper, starting at the big end and going down a couple of inches. With the knife, cut the main seed pod just under the inside of the stem and pull it out being careful not to rip the chili. Do not rinse, as this will compromise flavor. Try to get out as many seeds as you can without tearing the pepper. When peeled, roll the chiles in white flour and set aside.

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**CHEESE:** Cut the queso fresco with a knife into long strips that will fit inside the chiles. about 2 strips per pepper. Stuff the chiles with the cheese. Roll into flour again.

**SAUCE:** In a dutch oven, saute the garlic and onion in the EVOO. Crush the tomatoes in your hands and add to the pan. Add the juice from the can as well. This sauce should be watery. Salt to taste. Add oil if necessary for flavor. Simmer on low, you do not want the watery texture to evaporate.

**BATTER:** Separate one egg for every two chiles. Beat the whites until stiff. Beat the yolk a little and fold into the beaten whites.

**FRYING:** Heat EVOO about a 1/4 deep in the pan over med/high heat. Coat each chile in the batter until well-coated. Add to pan, frying on both sides and turning using 2 spoons for dexterity. As each chili is browned, add to the sauce pan and cover with the sauce. Heat the chiles in the sauce at least long enough to soak in the flavor. 15 minutes minimum.

Serve with spanish rice, and sliced avocado. ENJOY!