

# Chiles Rellenos

An authentic fried Chiles Rellenos recipe. Poblano peppers are roasted and then filled with melted pepper jack or Monterey Jack cheese, coated in a delicate, soft, but slightly crispy coating and served a warm ranchero salsa or green chile enchilada sauce.

Prep Time 20 mins

Cook Time 30 mins

Total Time 50 mins

## Ingredients

### RANCHERO SAUCE:

- 2 jalapeno
- 2 teaspoon olive oil
- 1/2 large white onion, julienne sliced
- 2 whole canned tomatoes
- 1 clove garlic minced
- sugar to taste
- freshly ground black pepper to taste
- dash oregano to taste
- 1 teaspoon chicken bouillon granules/1 small cube chicken bouillon, crushed
- 1 cup water
- 1 heaping tablespoon flour

### CHILES RELLENOS:

- 4 large Poblano, roasted and peeled
- 2 – 3 sticks pepper jack or Monterey jack cheese per relleno
- 3/4 cup all-purpose flour
- 1 teaspoon salt
- 2 eggs (set eggs out 2 – 3 hours early to get to room temperature)
- 2 cups canola oil for frying

## Instructions

### RANCHERO SAUCE:

1. Remove jalapeno stems and seeds. Julienne slice jalapenos and onions. Heat olive oil in a saucepan and sauté onions and jalapenos until soft.
2. Blend 2 whole canned tomatoes with oregano, pepper, water and sugar with bouillon. Add to jalapenos and onions and simmer for 10 minutes
3. In a small cup, add some broth to 1 heaping tbsps flour. Mix and stir into other ingredients to thicken sauce.

## CHILES RELLENOS:

1. Roast chiles in pan or on tray in broiler until skin turns black. Flip over & repeat approximately 5 minutes on each side. Let cool. Peel & remove blackened skin.
2. After roasting and peeling the Chiles, carefully slit the side of the chiles (approx. 2" incision near top), remove the stems and pull out the membranes and seeds being careful not to tear the chiles. Fill each Chile with 3 sticks of cheese and set aside.
3. On a plate combine 3/4 cup flour, 1/4 teaspoon salt, and 1/4 teaspoon black pepper. Place the filled chiles in the flour and coat all sides well. Shake off any excess flour. Reserve.
4. Using a stand mixer or an electric hand mixer beat the egg whites with 1/2 teaspoon salt on high speed until soft peaks form,
5. Carefully fold the egg yolks into the egg whites being careful not to mix too much so the egg whites don't fall,
6. Fill a large heavy-bottomed saucepan about a third of the way up with canola oil and heat on medium-high heat. You want to get the oil very hot before frying your Chile rellenos Test the oil by dropping some of the egg white mixture into the oil. If the mixture sizzles and floats to the top, it's the right temperature. If it sinks, the oil is not hot enough.
7. Dip the filled and flour-dusted chiles into the egg mixture until well coated, forming a little cocoon. Coat each Chile one at a time just prior to frying. Carefully place the egg-coated Chile rellenos in the hot oil, about 2 at a time. Fry until golden brown, turning once. Drain on paper towels. Change paper towels as needed to absorb excess oil.
8. Arrange the chiles rellenos on a serving platter and drizzle each with some warm ranchero sauce and serve.
9. Alternate to ranchero sauce, heat **HATCH** or **Las Palmas** Green Chile Enchilada Sauce in sauce pan and cover chiles.

## NOTES

- Make ahead tip: Refrigerate roasted chiles stuffed with cheese overnight.
- What type of Chile peppers are used for Chile rellenos? This recipe is made with Poblano Chile peppers, The common Chile relleno often calls for poblano chiles, but various kinds of chiles can be used such as Anaheim or Hatch chiles. Chiles rellenos can be made with your favorite long green chile.
- Set the eggs out at least 2 – 3 hours early to achieve room temperature or they will not whip properly.
- Separate eggs: Separate eggs and make sure there are no traces of yolk in the whites, or the whites will not whip properly.
- Drain the chiles: Drain the fried chiles on a plate lined with paper towels to remove excess oil.