



From the kitchen of Amalia Viveros

CHILES RELLENOS

Ingredients

For the peppers:

6 green poblano peppers
1 small to medium block of
queso fresco, cut into 6 equal
slices
1/2 cup vegetable oil
6 eggs
Flour for dipping

For the sauce:

1/2 large onion
4 Roma tomatoes
2 garlic cloves
1 jalapeno pepper
Fresh cilantro

Prepare the peppers

Place the poblano peppers on a baking sheet (can use aluminum foil for easy cleanup) and roast under the broiler for about 5 minutes on each side until the skin is blackened and blistered.

Place the peppers in a plastic bag (or cover with more foil) for at least 5 minutes to let the steam continue to loosen the skins, then pull or rub off as much of the loose skin as you can. Once they are cool enough, cut a slit down one side of each pepper and remove the seeds. Fill with a slice of cheese and close the peppers with toothpicks.

Separate the egg yolks from the whites and beat the whites until foamy. Then beat the yolks and gently fold into the whites. Dip the peppers in flour (tap off any excess flour) and then into the beaten eggs, being sure to coat the entire pepper. Fry the peppers in vegetable oil over medium heat until lightly brown on all sides.

Prepare the sauce

Chop and saute the onions; set aside. Remove the seeds and stem from the jalapeno pepper, then dice very small (may want to wear plastic gloves). Dice the tomato and garlic and boil with the pepper in about 1 cup of hot water for 5 minutes. Drain excess water.

Pour into blender and blend until smooth. Add the sautéed onions and cilantro and blend again until desired consistency.

Pour sauce over peppers.