

## Chili Relleno

### Ingredients/Zutaten

#### Sauce

- 1/3 cup vegetable or corn oil
- 1 medium onion, peeled and quartered
- 4 garlic cloves
- 1/3 cup flour
- 6 Roma tomatoes
- 1 seeded and stemmed Jalapeno pepper
- 4 cups water, not broth! (or 5 cups for longer cooking)
- 2 teaspoons salt
- 1 1/2 teaspoons Mexican oregano, crushed between fingers
- 1/4 teaspoon finely ground black pepper
- 1 bay laurel leaf
- 1 pinch ground cinnamon
- 1 pinch ground cloves

#### Chilis

- 6 large Poblano chiles, fresh
- 8 ounces Queso Asadero or mild cheddar cheese

#### Brine

- 4 cups water
- 4 teaspoons salt
- 1/3 cup white vinegar



#### Batter

- 2 cups canola oil, for frying
- 6 separated eggs
- 1/2 cup flour, plus one tablespoon for egg batter
- 3/4 teaspoon salt

#### Garnish

- sour cream
- fresh cilantro

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### Directions/Zubereitung

#### Sauce

- In a saucepan, heat 1/3 cup vegetable oil to medium-low.
- In a food processor, finely chop onion and garlic.
- Saute onion and garlic mixture in oil until translucent and golden.
- Add 1/3 cup flour to mixture, and stir cooking until flour is lightly browned.
- Place tomatoes in food processor and puree, (About 1 1/2 cups.)
- Add jalapeno pepper and mixture to food processor, and submerge onion and garlic roux,

and process until finely pureed.

- Pour sauce into the same saucepan, and add 5 cups water and 2 teaspoons salt.
- Add 1 1/2 tsp Mexican crushed oregano, fresh ground pepper, bay leaf, a pinch of ground cinnamon, and a pinch of ground cloves.
- Bring to a boil while whisking.
- Reduce to medium-low and simmer until thick. Cover slightly vented, and whisk occasionally. (About 45 minutes.)
- Keep warm over low heat and whisk as needed until served, or reheat and stir before serving.

# Family Recipes

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## Peppers

- Keep pepper stems intact and place on a grill or under broiler, cooking on each side until evenly blistered and slightly blackened.
- Immediately place peppers in a large plastic bag and allow to steam about 3 minutes. 1
- Carefully slide skins off each pepper, and discard.
- Just big enough to slip a stick of cheese in, cut a slit lengthwise down one side of each pepper.
- Carefully cup each pepper with one hand and gently run water into the slit to flush out the seeds.
- Combine 4 cups water, 4 teaspoons salt, and 1/3 cup white vinegar, and soak chiles in this brine for a few minutes.
- While chilis are soaking, cut cheese into 6 long thin sticks.
- Remove chiles from brine and blot dry with paper towels.
- Stuff each chile with one cheese stick. (Don't panic if a chili tears. The flour and egg batter will seal it up.)

## Batter

- Pour 2 cups oil into a wok or skillet and heat to 365° F.
- Measure 1/2 cup flour into a sifter or fine mesh colander and dust each chile with flour on all sides. (For torn chiles, apply some extra flour at the seam then slightly overlap the tear.)
- Beat egg whites and a pinch of salt until stiff peaks form.
- Beat egg yolks in another bowl with one tablespoon flour and 3/4 teaspoon salt.
- Pour the yolk mixture into the beaten egg whites.
- Using a rubber spatula, fold together lightly but thoroughly while keeping the whites fluffy.
- Using the rubber spatula, "frost" one stuffed and floured chile.
- Hold chile by the stem and place carefully into the hot oil. Repeat with additional chiles, frying only 2 or 3 at a time.
- Fry chiles until golden on all sides, turning once with a skimmer or coated tongs until done. (About 5 minutes.)

## Serve

- Drain peppers between paper towels. If not serving immediately, reheat individually in a microwave for 15-20 seconds.
- Make a pool of warm sauce on the plate and add a chile. Top with a dollop of sour cream and a sprinkling of fresh chopped cilantro.