

Easy Chile Relleno Rev. 26 Oct 2021

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Ingredients

4-8 poblano peppers (4-8" long)
3 large eggs, divided
3 tablespoons all-purpose flour for batter
1 tablespoon olive oil for coating peppers
2-3 tablespoons all-purpose flour for coating peppers
2 cups shredded Mexican blend, block of Monterey Jack cheese, or blocks of queso cheese
4 to 6 cups (32 to 48 fl oz.) vegetable or corn oil (canola cooking oil)
2-3 jalapeno peppers (optional)

For the sauce:

2 tablespoons butter
½ yellow onion, diced
1 green bell pepper, diced
2 cloves garlic, minced (use 1/2 teaspoon pre-chopped garlic per clove)
2 tablespoons all-purpose flour
2 14.5 ounce cans diced tomatoes
¼ teaspoon garlic salt
½ teaspoon chili powder
1 cup stock, beef, chicken, or veggie
2-3 jalapeno peppers (optional)

Side Items

Chips/Salsa, Rice, and Refried Beans

1. Start preparing sauce because it takes longest. Melt butter in large sauce pan over low to medium heat. Add diced onion, bell pepper and cook about 10 minutes until they are softened.
2. Add minced garlic and cook for another minute.
3. Stir in the flour to coat and cook for about 5 minutes until flour is lightly brown.
4. Add tomatoes, garlic salt, chili powder, and stock. Chop and add jalapenos, if desired. Cook on low heat 1.5-2 hours until the sauce is thickened, stir occasionally.
5. Separate egg whites to a glass bowl (Pyrex with blue cover) and put unbroken yolks in a cup in refrigerator. Leave egg whites in bowl at room temperature.
6. Make a small slit in peppers near top and add cheese. Can add sliced jalapeno to increase heat.
Note: can also stuff with cooked ground beef, shredded chicken or pork, and/or corn.

7. Add oil to large pan or deep fryer and preheat to 375 degrees F. Deep fryer takes 20 minutes to heat up. You want it to be ready just before the batter is done.
8. Start heating oil about 45 minutes before eating time. 15 minutes after starting oil, beat egg whites with electric beater until stiff peaks form; reduce mixing speed to minimum and mix in flour and egg yolks. Use minimal mixing to preserve air in batter.
9. One at a time, coat the chiles with olive oil, then flour and dip or roll in batter. Fry chiles for about 3 minutes (each side if doing in pan) until batter is golden brown. If deep frying, first float until coating hardens slightly so it doesn't stick to the basket/spoon, then roll and push under the oil for the remaining time. Remove from oil and set on plate lined with paper towels.
10. Serve chiles rellenos warm with the sauce drizzled over them and extra shredded cheese on top. Serve with refried beans, rice, chips and hot salsa. Pour sauce on rice and shredded cheese on beans.

Prep time: 10 minutes

Cook time: 110 minutes

Total time: 120 minutes

To reheat: Use baking sheet with parchment @ 375 degrees for 20 minutes.











