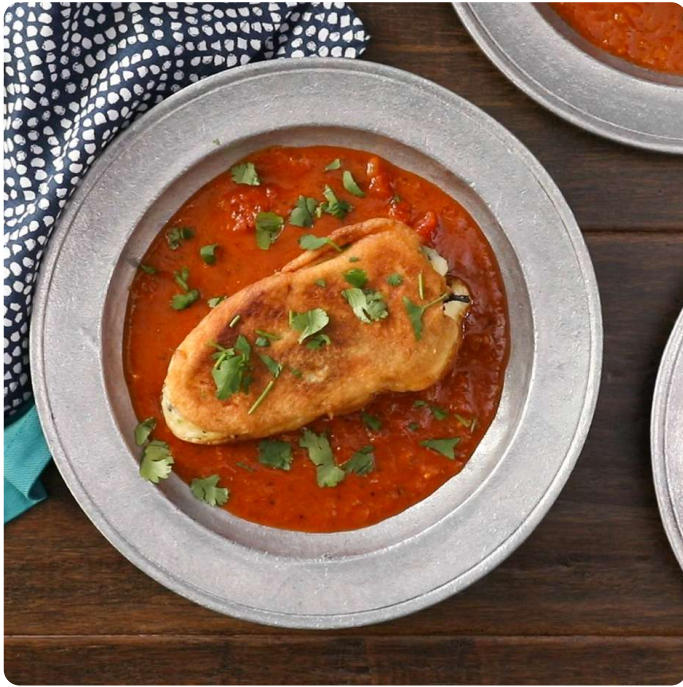


Real Chiles Rellenos

Jacob · 29/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

2 hrs 5 mins

Description

Chiles rellenos made with poblano peppers just like the ones at your favorite Mexican restaurant The unique flavorful sauce and light crispy batter are worth the effort and time it takes to prepare this cheesy classic at home The steps are easy Stuff and freeze the peppers in advance to save time

Ingredients

- - 4 large poblano peppers - 1/2 cup all-purpose flour for dredging - 1/2 cup shredded mozzarella cheese - 1/2 cup shredded Monterey Jack cheese - 1/2 cup shredded Cheddar cheese - 1 (14.5 ounce) can Mexican-style stewed tomatoes - 1 tablespoon vegetable oil - 1/2 onion
- chopped - 1 clove garlic
- minced - 1 1/2 cups chicken broth - 2 tablespoons distilled white vinegar - 1 teaspoon dried Mexican oregano
- crushed - 1/2 teaspoon ground cumin - 1/2 teaspoon black pepper - 1/2 teaspoon hot pepper sauce (such as Cholula) - 1/2 teaspoon ground cinnamon - 1/2 cup all-purpose flour - 1/2 teaspoon salt - 5 egg whites
- at room temperature - 1 egg yolk
- beaten - 1 cup oil for frying
- or as needed - 4 tablespoons sour cream for garnish

Instructions

1. Set an oven rack about 6 inches from the heat source and preheat the oven's broiler. Line a baking sheet with aluminum foil and place poblano peppers on the foil. Broil in the preheated oven until the skins are blackened and blistered over 80% of the surface
2. 8 to 10 minutes per side. Remove from the oven and turn the broiler off. Transfer peppers to a resealable plastic bag. Seal the bag and let peppers steam and cool for about 20 minutes. Remove cooled peppers from the bag; scrape off and discard blackened skin. Cut a slit lengthwise into the side of each pepper
3. then remove the seeds and veins. To reduce spiciness
4. rinse out any remaining seeds with water
5. then pat dry with paper towels. Line a baking sheet with parchment or waxed paper. Place 1/2 cup flour into a shallow bowl for dredging. Mix mozzarella
6. Monterey Jack
7. and Cheddar together in a bowl until thoroughly blended. Divide into four equal portions
8. then lightly squeeze each portion in your hands to make a cone shape. Insert each cone through the slit into a pepper
9. then pin the openings closed with toothpicks. Dredge stuffed peppers in flour
10. then dust off any excess. Place onto the prepared baking sheet and into the freezer for at least 30 minutes while you make the sauce. Keep remaining dredging flour available for Step 10. To make the sauce
11. purée stewed tomatoes in a blender and set aside. Heat 1 tablespoon of vegetable oil in a saucepan over medium heat. Add onion and sauté until translucent
12. about 5 minutes. Add garlic and sauté for about 30 seconds. Pour in puréed tomatoes
13. chicken broth
14. vinegar
15. oregano
16. cumin
17. black pepper
18. hot pepper sauce
19. and cinnamon. Reduce the heat to medium-low and simmer
20. stirring often
21. until sauce is reduced by half and thickened
22. about 20 minutes. While the sauce is simmering
23. preheat the oven to 200 degrees F (95 degrees C) and warm a platter in the oven. To make the batter and finish the chiles rellenos
24. mix 1/3 cup flour with salt in a bowl. Beat egg whites in a separate bowl with an electric mixer until stiff peaks form. Lightly mix in egg yolk and flour mixture until a fluffy batter forms. Remove peppers from the freezer and dredge in flour again. Shake off excess flour
25. then use a spoon to gently dip each pepper into egg batter until completely coated. Heat frying oil in a heavy cast iron skillet over medium-high heat until shimmering. Working in batches
26. gently place coated peppers into hot oil and fry until batter is golden brown and cheese filling is hot
27. about 5 minutes per side. Transfer fried peppers to the warmed platter while you finish frying. To serve
28. ladle a generous spoonful of sauce onto each plate
29. then place a pepper in the center with a dollop of sour cream over top. Serve hot. Allrecipes Recipe Tips As written
30. this recipe is very mild. Try different cheeses like pepper Jack
31. Oaxaca