



## Chile Rellenos Stuffed with Chorizo and Cheese



Image by Erica Gamboa

Charred Poblano chiles, peeled and stuffed with spicy chorizo and melting Mexican cheese. Then coated in a fluffy and airy egg white batter and fried until golden brown. Served in a spicy tomato broth.

BY ERICA GAMBOA

**Servings:** 6 | **Difficulty:** Moderate

**PREP TIME:** 40 minutes + **COOK TIME:** 45 minutes = **TOTAL TIME:** 1 hour and 25 minutes

### Recommended kitchen tools:

- Hand mixer or stand up mixer
- Metal tongs
- Wooden spatula
- Large Skillet, deep enough for frying

### Ingredients:

- 6 Chile Peppers of your choice. Pasilla, Poblano or Anaheim.
- 1 lb. cheese. Use the cheese of your choice cut into strips or cubes. (I like to use Menonita Mexican cheese but any good melting cheese will work well.)
- 1 lb. Chorizo

- 1 cup of flour, for dredging
- 6 large eggs
- 1 tsp. of Cream of Tartar
- 2 tsp. dried Oregano
- 1 tbsp. Knorr Chicken Boullion
- 2 bay leaves
- 1 cup white onion, thinly sliced
- 1 cup tomatoes, diced
- 1 tbsp. garlic, minced
- 1 cup fresh cilantro, washed and roughly chopped, leaves only
- 3 serrano chiles, minced (optional)
- 1 32oz. container chicken broth
- 2 cups of water
- 2 cans of tomato sauce
- Salt & Pepper to taste
- Vegetable oil for frying

## Directions:

### Prepare the chiles:

- 1 Wash and dry the chiles.
- 2 Turn on the stove to medium high heat.
- 3 Place the chiles directly on the burner and let them char, turning the chiles every 30 to 40 seconds until they are evenly charred and blistered on both sides.
- 4 Place the chiles in a bowl and cover with a towel or plastic wrap to trap in the steam. You can also use a plastic grocery bag or zip lock bag.
- 5 Let the chiles sit for about 20 minutes.
- 6 Gently peel the skin off of the chiles using the back of a knife. You can also do this by hand, as I do but please be sure to use food gloves and do not touch your face or eyes.
- 7 To fill each chile, lay the chile flat, make a small slit big enough to place two fingers inside to remove the seeds. Be careful not to cut through the other side of the flesh. (You may rinse them if you feel it necessary, I know for first timers this can feel messy and that's ok, I've been there and sometimes it still bugs me!)

### Prepare the filling:

- 1 Cut the block of cheese into cubes or strips, whatever size you feel is easiest for you to handle and set aside.
- 2 In a skillet, cook the chorizo on medium high heat until fully cooked and browned and set aside.
- 3 Take each chile and stuff it with a good spoonful of chorizo and enough cheese to fill the cavity and set aside.

### Prepare the egg coating batter:

- 1 Take a bowl or in the standup mixer, begin to separate the egg yolks from the white and place the egg white only into the mixing bowl.
- 2 Place the egg yolks in another bowl and set aside, you will need them later.
- 3 Take the bowl with the egg whites and mix on medium high speed, add the Cream of Tartar and continue to beat until the eggs form stiff peaks, you can check by turning off the mixer, removing the beater attachment and if a stiff peak forms on the beater the egg is ready for the next step.

- 4 Turn the mixer back on to low speed and slowly add one egg yolk at a time until all six yolks are well incorporated. This step needs to be done slowly and gently so as not to break the stiffness of the egg whites.
- 5 Once the yolks are well incorporated into the egg whites, turn the mixer off and set aside.

**Heat the skillet for frying:**

- 1 Take a deep skillet or frying pan and start to preheat on medium for about 5 minutes, add the vegetable oil and continue to preheat.

**Flour Coating the chiles:**

- 1 Take the cup of flour and place it in a bowl or on a plate.
- 2 Roll the chile in the flour and make sure all sides are evenly covered with flour.
- 3 Repeat this for all of the chiles.

**Frying:**

- 1 Take each chile, one at a time, holding it firmly to ensure the filling does not fall out, and completely submerge it into the egg batter until completely coated. (If some of the filling falls out, no big deal just make sure you have a good grip on the chile. You don't want to lose it in the batter!)
- 2 By now, the oil is hot and ready for frying.
- 3 Immediately and carefully place the chile into the hot oil and repeat and fry in batches of two to three chiles at a time.
- 4 Taking the wooden spoon or spatula, carefully splash oil over the chiles so that they are a bit easier to flip. The egg will begin to set and firm up making it so much easier to flip the chiles over to brown on the other side.
- 5 After 2 to 3 minutes on the first side, carefully take the metal tongs and wooden spatula and use both tools to help in flipping the chile over on the other side. This takes some practice and there is no perfect way to do it, just do whatever feels right to you. Please be careful not to splash and burn yourself with the hot oil.
- 6 Continue to fry all of the chiles and place them on a paper towel lined cookie sheet and set aside.

**Make the tomato broth:**

- 1 Preheat another skillet on low medium heat with a little bit of oil
- 2 Mince garlic and serrano chiles.
- 3 Cut onion into thin slices.
- 4 Chop tomato in bite size pieces.
- 5 Roughly chop only the cilantro leaves.
- 6 Add these ingredients to the skillet and sauté for 5 minutes until onions are tender.
- 7 Add tomato sauce and cook for another 2 minutes.
- 8 Add broth and water and bring to a simmer on low heat.
- 9 Add oregano, chicken bouillon, and bay leaves.
- 10 Simmer for an additional 5 to 10 minutes.
- 11 Taste the broth. Season as needed using salt & pepper to taste.
- 12 Add the chiles to the simmering tomato broth.
- 13 Let the chiles heat through completely so the cheese melts and the filling is hot. This only takes a few minutes. Don't over crowd or over heat the chiles they will get too soggy.

Serve on a plate with your favorite sides, rice and beans or green salad. Place one or two on a plate and pour the hot tomato broth over the chiles and enjoy!

## Notes & Suggestions:

### Great dish for leftovers:

For the best leftovers, keep the chiles that will not be used immediately, separate from the broth. Store the the chiles and broth in separate containers and reheat using the same method. Heat the broth to a simmer add the chiles and simmer on low for 10 minutes.

I also like to heat the chiles dry with no sauce and roughly chop them in bite size pieces and add them to a flour tortilla for a quick leftover breakfast burrito or lunch. If you serve these chile rellenos with rice and beans and have leftovers of those as well; they can be added to the burrito, it's a delicious and satisfying leftover meal!

### Prepare the chiles the day before to save time:

For preparing the chiles, it can be kept simple by charring or roasting the chiles, peeling and deseeding them and placing them back in the refrigerator on a paper towel lined cookie sheet. Or you can go a further step and also stuff them with the cheese and or meats you wish to use and place them back into the refrigerator overnight. Not only will this save time and make things so easy the day of, but popping the chiles back into the fridge will make it easier to handle and fry the chiles. The filling will keep better inside the chile pepper at the time of frying.

### Storing:

These are also great stored in the freezer in an airtight container.

Store the chiles and sauce separate and defrost and reheat using the same steps. This is a great comforting meal you can pull out of the refrigerator on a busy weeknight or a plan ahead meal for a special occasion or gathering.

## Nutrition

Chille Relleno Recipe	
Nutrition Facts	
Servings: 6	
Amount per serving	
<b>Calories</b>	<b>749</b>
% Daily Value*	
<b>Total Fat</b> 28g	<b>36%</b>
Saturated Fat 8.5g	42%
<b>Cholesterol</b> 387mg	<b>129%</b>
<b>Sodium</b> 5759mg	<b>250%</b>
<b>Total Carbohydrate</b> 102.8g	<b>37%</b>
Dietary Fiber 31.3g	112%
Total Sugars 9.3g	
<b>Protein</b> 42.3g	
Vitamin D 35mcg	175%
Calcium 1016mg	78%
Iron 40mg	220%
Potassium 4698mg	100%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving</small>	