

## Chile Rellenos



### SAUCE

#### Ingredients:

- 1/3 cup Corn Oil
- 1 med Onion, peeled & quartered
- 4 Garlic cloves
- 1/3 cup Flour
- 6 Roma Tomatoes
- 1 Jalapeño, seeded & stemmed
- 4 cups Water, not broth!
- 2 tsp Salt
- 1 1/2 tsp Mexican Oregano, crushed between your fingers
- 1/4 tsp finely ground black Pepper
- 1 Bay Leaf
- 1 pinch ground Cinnamon
- 1 pinch ground Cloves

#### Instructions:

- Heat 1/3 cup corn oil in a medium saucepan over medium-low heat.
- Finely chop the onion and garlic in a food processor.
- Saute the onion and garlic mixture in corn oil until translucent and golden, and almost caramelized. This will take at least 10 minutes.
- Mix the 1/3 cup flour into the onions and garlic, and stir cooking until flour is lightly browned.
- Place the Roma tomatoes in a food processor and puree.
- You should have about 1 1/2 cups pureed tomatoes.
- Add the jalapeño pepper and onion/garlic/flour mixture from saucepan into the food processor with the tomatoes.
- Make sure to submerge the onion and garlic roux into the puree.
- Process everything until all the ingredients are finely pureed.
- Pour that sauce back into the same saucepan, and add 5 cups of water and 2 tsp of salt.
- Crush the Mexican oregano between your fingers and add it along with the fresh ground pepper, bay leaf, a pinch of ground cinnamon, and a pinch of ground cloves.
- Bring mixture to a boil while whisking.
- Reduce heat to medium low and simmer for about 45 minutes, or until you have a nice thick sauce.
- Cover the saucepan slightly vented so steam can escape, and whisk the sauce occasionally.
- You can keep the sauce warm over lowest heat, whisking as needed to refresh consistency until served, or reheat and stir before serving.

## CHILES

### Ingredients:

6 large poblano chiles, fresh  
4 cups Water  
4 tsp Salt  
½ cup white Vinegar  
6 oz mild Cheddar Cheese

### Instructions:

Keep the pepper stems intact and place on a grill or under broiler cooking on each side until evenly blistered and slightly blackened.  
Immediately place the peppers into a large plastic bag and allow to steam for about three minutes.  
Carefully slide the skin off of each pepper and discard.  
Cut a slit lengthwise down the side of each pepper (you need it just big enough to slip a stick of cheese in).  
Carefully cup each pepper with one hand and gently run water into the slit to flush out the seeds.  
Combine 4 cups water, 4 tsp salt, and the vinegar, and soak the chiles in this brine for a few minutes.  
Cut your cheese into 6 long thin sticks.  
Remove chiles from brine and blot dry with paper towels.  
Stuff each chile with one cheese stick by slipping into the pepper slit.  
Don't panic if you tear a chile, flour and the egg batter will seal it up.

## BATTER

### Ingredients:

2 cups Canola Oil, for frying  
6 Eggs, separated  
½ cup Flour, + 1 tbsp for Egg Batter  
¾ tsp Salt  
Sour Cream  
Fresh Cilantro

### Instructions:

Start by separating your whites and yolks into two medium bowls.  
Add a pinch of salt to the egg whites.  
Beat the whites with an electric mixer until stiff peaks form.  
Add a tbsp of flour and ¾ tsp of salt to the egg yolks, and beat until completely mixed.  
Add the egg yolks to the egg whites, and carefully use a spatula to fold the yolks in.  
You want the batter to stay nice and fluffy.  
Carefully frost a flour coated stuffed pepper in the chile relleno batter.  
You can use a spatula to get it completely coated, and especially to cover any tears.  
Hold the chile by the stem and carefully lower it into the hot oil.  
You can repeat with additional chiles, but don't fry more than three at a time.  
Fry for about 5 minutes, turning once with a spatula or mesh frying skimmer, until the chile is golden all over.  
Remove carefully with a mesh skimmer or coated tongs, and place between paper towels to drain.  
You can keep the chiles warm on a baking sheet in the oven on the lowest setting, or reheat them individually in the microwave for about 10-15 seconds.