

## **Name of dish: Chiles Rellenos**

Chiles rellenos [ray-n-ohs] (stuffed chile peppers) are a flavor-filled and textural sensation! They begin with the large “chile poblano,” named after the State of Puebla in central Mexico, which is incidentally also where the holiday Cinco de Mayo has its origins when the Mexican forces defeated French occupiers. If you are concerned about heat level, don’t be. These peppers are not spicy. Filled with cheese and fried in a light batter, they are the perfect companion to meatless Fridays, and well worth adding to your Lenten recipe repertoire.

**Prep:** 30 minutes

**Cook:** 10 minutes

**Additional:** 5 minutes

**Total:** 45 minutes

**Servings:** 4



## Ingredients:

- 4 poblano peppers
- 1/2 lb of mozzarella cheese
- 6 tomatoes
- 1/4 onion
- 2 cups of water
- 1 garlic
- 1 cup and 1 tablespoon of flour
- 3 spoon foos of oil
- 1 tablespoon of Chicken Flavor Bouillon (Knorr Brand)
- 1/2 tablespoon of salt
- 3 eggs
- 4 toothpicks
- 1 cup of oil

## Directions

### Step 1

Set pan on high, place the four peppers, and turn them as they begin to look black to ensure they're cooked evenly.

### Step 2

Put the peppers in a plastic bag, make a knot in the bag and leave for 5 minutes. This will allow the peppers to be easier to peel. Once the peppers are peeled, cut and open the pepper, take the seeds out, and rinse the peppers in water.

### Step 3

Pat down with a napkin to dry the peppers if needed. Add a 1/4 cup of cheese inside the peppers and put a toothpick in the middle of the pepper. This will help prevent the cheese from coming out.

#### **Step 4**

Separate the egg yolk from egg whites. Blend the egg whites for about 3 minutes on high with the mixer until the egg whites have a stiff peak form. Add in the yolks and mix for 2 minutes.

#### **Step 5**

Heat up a pan on high to ensure the oil is hot. Put flour on a plate/bowl, cover the peppers in flour, and then dip into the egg mixture to coat.

#### **Step 6**

Lower the temperature of the pan. Fry the peppers until browned on each side for 2 minutes.

#### **Step 7**

To make the soup for the peppers, cut six tomatoes into halves or quarters, chop  $\frac{1}{4}$  of onion, and add 2 cups of water. Blend for 1 minute.

#### **Step 8**

In a hot pot, add 3 spoonfuls of oil and ensure the oil is hot and add 1 tablespoon of flour and mix well (make sure it doesn't turn brown.) Once it is mixed, add the tomato that was blended into the pot and stir at medium temperature for 3 minutes.

#### **Step 9**

Add 1 tablespoon of the Chicken flavor Bouillon (Knorr brand) and  $\frac{1}{2}$  tablespoon of salt to the soup, and 2 cups of water and mix. Once the soup is hot, add the peppers to the tomato soup.