

Seasonal Eating



Chile Rellenos

3 fresh poblano chilies
1/2 cup cooked and shredded chicken breast
3/4 cup shredded cheddar cheese
1/4 cup shredded Monterey Jack cheese
1/4 cup finely chopped onion
1/4 cup flour
2 eggs, separated
1/2 teaspoon salt
oil for frying

Place chilies over the open flame of a gas burner or under a hot broiler and roast until skin blackens all over, turning often. Place in a plastic bag and let steam for about 10 minutes. When cool, remove from bag and rub off skin. Cut a slit in one side and carefully remove seeds leaving the top of the pepper in tact. Mix together the chicken, cheeses and onions. Carefully stuff the peppers, using as much filling as necessary. Beat egg whites until peaks form and mixture holds to the bowl instead of sliding around but not too dry. Add salt and beat for a second. Fold in egg yolks. Heat about 1/2" of oil in a large skillet over medium high heat until a wooden spoon sizzles in the oil. Roll the stuffed peppers in flour to coat and then dip into egg mixture to coat. Carefully place in oil and let fry until golden brown on the bottom. Carefully turn over with tongs or a spoon and fry the other side until all of the egg coating is well browned. Remove to a paper towel and serve with a salsa.