



Chiles Rellenos

Besides growing artichokes, Donna (*Glen Valley Artichokes*), also sells a number of other hard to find, locally grown things such as borlotti beans and fantastic poblano peppers. The coating is a lot simpler than the traditional egg yolk, beaten egg white one. You can add a bit of Monterey Jack cheese and serve with a dollop of sour cream if you wish too! You will have leftover picadillo but not to worry, I have suggestions for that! This is definitely one of our favourite late summer meals. The chiles are nice served with Arroz Rojo, a tomato based Mexican rice containing carrots, peas and corn.

Serves 4 – 6 People

For the Chiles Rellenos

4 – 6 large poblano chilies, **charred, skins removed****
1 batch of my **picadillo****
2 large eggs, beaten
Unbleached flour for dredging
Stoneground cornmeal for dredging
(opt.) grated Monterey Jack cheese
Canola or other cooking oil

Garnish: cilantro leaves or chopped cilantro, sour cream

Enchilada Sauce (makes 3 cups but you can easily cut the recipe in half)

3Tbsp. EVOO
4 cloves garlic, minced
1 tsp. dried oregano, preferably Mexican oregano
3 Tbsp. chili powder
1 ½ cups tinned crushed tomatoes with added puree or
1 ½ cups tinned tomatoes, chopped then crushed by hand
1 ½ cups low-salt chicken broth, or **homemade stock****
5 Tbsp. tomato paste

Warm the oil in a saucepan; add the garlic, oregano & chili powder; stirring for a minute. Add the crushed tomatoes, stock & tomato paste; bring to a boil, reduce heat to simmer & simmer for 15 minutes or until slightly thickened; season to taste with salt. Set aside until ready to reheat when ready to serve the chiles rellenos. Thin the sauce with additional stock if required & adjust seasoning.

Make the Chiles Rellenos

Heat ¼” to ½” oil in a large frying pan to 365 F. I always use my electric frying pan, it works great & I don't have to test the oil to make sure it's the right temperature.

Make a slit in each chili, then carefully remove the seeds, rinsing under cold water as necessary, drain them on paper towels. Fill each chili with spoonfuls of the picadillo & some grated cheese, if using, being careful not to overfill them. Place the flour & the cornmeal on plates. Dip a chili in the flour, then into the beaten eggs & then roll in cornmeal to coat.

Once the oil is at the right temperature, carefully lower each stuffed chile into the oil; fry until golden brown on one side then gently turn over & fry the other side until it's golden brown. Remove to a paper towel lined baking sheet to drain.

Place a few spoonfuls of the enchilada sauce on each plate & top with a chile rellenos.

****Suggestions for using leftover picadillo: makes fantastic *empadas*. I also make a taco salad with the mixture, topping with grated cheese, avocado, thinly sliced jalapenos, a few black olives, sour cream & salsa & serve with some corn chips for scooping. It also makes a great little appetizer put into *phyllo cups* & topped with guacamole, sour cream & some cherry tomato & cilantro. The picadillo freezes beautifully too!**

Phyllis

