

# Chiles Rellenos

## Peppers:

8-10 7 inch green chiles (Anaheims, Poblanos, or Big Jims)  
1 pound monterey jack cheese, mild cheddar cheese,  
sharp cheddar cheese, or swiss cheese - grated  
1/2 cup all-purpose flour  
2 1/2 tsp salt  
1/2 tsp black pepper  
4 large egg yolks, beaten  
4 large egg whites, beaten until foamy  
oil (for frying)

## Sauce:

1 large can (29 oz.) canned tomatoes (cut up) with juice  
1 small onion (diced)  
4 cloves garlic  
2 TBL oil  
2 cups chicken broth  
1/2 tsp salt  
1/4 tsp black pepper  
1/4 tsp oregano  
1/8 tsp cinnamon  
1 tsp sugar

Simmer sauce ingredients until thickened somewhat.

## Directions for Frying Peppers:

1. Roast peppers if desired (roast, peel, seeds intact, stems attached).
2. Cut a lengthwise slit in each pepper, and stuff with some cheese.
3. Fold egg yolks into egg whites in a bowl.
4. Fold flour, salt and pepper into the egg mixture.
5. In a large saucepan, heat 1 1/2 inches of oil to moderately hot (around 375 F).
6. Using a slotted spoon, dip chiles into the batter, and slide into oil.
7. Turn occasionally until golden, no more than a couple of minutes.
8. With slotted spoon, transfer chiles to paper towels to drain.

## Directions for Baking Peppers with Sauce (after Frying):

1. Put peppers in dish (after frying).
2. Put sauce on each pepper.
3. Put grated cheese on each pepper.
4. Heat in 350 F oven (covered) till cheese melts (1/4 to 1/2 hour).

## Roasting:

### Method 1:

Using a long-handled fork, char peppers over an open flame or on a rack set over an electric burner, turning until skins are blackened, 4 to 6 minutes.

### Method 2:

Broil peppers on a rack of a broiler pan under a preheated broiler about 2 inches from the heat, turning every 5 minutes. Do this for 15 to 20 minutes, or until skins are blistered and charred.

### After Roasting:

Transfer peppers to a bowl and let stand covered, until cool enough to handle. Keeping peppers whole, peel them starting at the blossom end.