

# Chiles Rellenos

- 2 poblano or Anaheim chile peppers per serving
- 2 small lunch bags per serving
- 2 small slices Monterey Jack cheese per serving
- oil to deep fry
- 1 egg per serving
- flour
- salt
- [enchilada sauce](#) <sup>[1]</sup>

Place poblano/Anaheim peppers under the broiler. Roast until the skin begins to change color and blister, flip and roast until the skin is blackened and blistered over all the peppers.

Place poblano/Anaheim peppers into a paper bag, and allow them to sit for about fifteen minutes. I find it best to use a double-bagged small lunch bag, and to put no more than two peppers into the double bag. Remove the outermost layer of skin from each pepper.

Cut a small slit in the side of each pepper. Use a spoon to remove the seeds and white parts of each pepper. Stuff each pepper with a small slice of Monterey Jack cheese, making sure that the pepper can still close.

Heat the oil for deep frying. Meanwhile prepare the batter.

Separate the egg whites from the yolks.

Whip the whites until firm.

Stir the yolks with a pinch of salt.

Fold in the yolks.

One pepper at a time, dust with flour, dip in batter, fry.

Let each pepper fry at high temperature until it is golden brown.

Remove and drain oil on paper towels.

Pour enchilada sauce over the chiles rellenos.

Serve immediately, with beans, [rice](#) <sup>[2]</sup>, maybe some lettuce and tomato.

Preparation time: 45 minutes

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**Links:**

[1] <http://kitchen.unseelie.org/.15>

[2] <http://kitchen.unseelie.org/.225>