



Garden Fresh Farm Recipes

Chili Relleno

When our summer garden is just about finished the pepper plants are just beginning to produce an abundance. The poblano peppers and jalapeño peppers are getting large, dark green and firm. This chili relleno recipe features roasted poblano peppers that are hand battered, stuffed with cheese and fried to perfection. They are served with a red sauce made with garden fresh jalapeños, tomatoes and herbs.

Ingredients:

6 large poblano peppers
1/2 cup all-purpose flour
3 cups vegetable oil for frying

Roasted Red Salsa

2 lbs roma tomatoes about 8 large
2 jalapeno peppers stems removed
1 large white onion
8 cloves garlic
1 lime
1 tsp kosher salt

Filling

10 oz Oaxaca cheese shredded (or Monterey Jack cheese)
2 tsp vegetable oil
1 roma (plum) tomato diced
1/2 cup white onion diced
1/2 tsp Mexican oregano crushed
1/2 tsp kosher salt

Batter

3 large eggs room temperature
1/4 cup all-purpose flour
1/2 tsp kosher salt

Garnish (optional)

Queso fresco
Cotija cheese
Cilantro





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Directions:

Roasted Red Salsa

*2 lbs roma tomatoes about 8 large
2 jalapeno peppers stems removed
1 large white onion
8 cloves garlic
1 lime
1 tsp kosher salt*

Slice tomatoes and jalapenos lengthwise. Remove skin from onion, and cut into quarters.

Place tomatoes and jalapenos skin side up on a baking sheet with onion and garlic. Place baking tray under broiler and cook for 6-8 minutes until charred. Remove from oven and allow to cool slightly.

Transfer to a blender or food processor, puree until smooth. Pour into a saucepan, bring to a boil and then simmer 5 minutes. Season with juice from one lime and salt to taste. Set aside, covered.

Filling

*10 oz Oaxaca cheese shredded (or Monterey Jack cheese)
2 tsp vegetable oil
1 roma (plum) tomato diced
1/2 cup white onion diced
1/2 tsp Mexican oregano crushed
1/2 tsp kosher salt*

In a small saute pan heat the oil and add the onion, tomato and season with salt and Mexican oregano. Cook over medium heat until onion is translucent. Stir in the shredded cheese until melted and set aside.

Poblanos

*6 large poblano peppers
1/2 cup all-purpose flour*



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Place poblanos on a baking sheet under an oven broiler until the skins blacken and blister, about 5 minutes per side.

Remove pan from oven and cover with a kitchen towel to steam making the skin easier to remove. Peel the charred skin from the roasted poblano peppers.

Cut a small slit down the middle of the peppers on one side, careful not to remove the stem. Feel free to remove some of the seeds if preferred (but they are not that hot). Set aside.

Prepare the chiles

Carefully divide and stuff the peppers with the melted cheese mixture. Gently press the cut sides together.

Place 1/2 cup or more flour on a tray or large shallow dish. Gently coat each stuffed chile on all sides with flour and gently shake off excess. Repeat with all and set aside on tray.

Prepare oil

Heat the oil in a large saucepan or deep skillet over medium-high heat to 350 degrees. Line a baking tray with paper towels and set aside.

Batter

3 large eggs room temperature

1/4 cup all-purpose flour

1/2 tsp kosher salt

Be sure eggs are room temperature for maximum volume when beating. Separate the whites into a large mixing bowl and place the yolks into a small bowl, mix with fork. Using an electric hand mixer, beat the egg whites until stiff peaks form.

Next, beat the egg whites on low, adding in the egg yolks a little at a time until all of them are fully mixed in. The batter should be light, fluffy and pale yellow. Sprinkle the 1/4 cup flour and salt on top and using a spatula, gently fold in until batter is smooth and flour incorporated.



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Fry

Dip each floured chile in the egg batter and gently place them in the hot frying oil, two at a time. Fry the peppers for 3-5 minutes per side, until the batter is golden brown and crispy.

Transfer the peppers to the lined baking sheet to drain excess oil.

Garnish and Serve

Spoon some roasted red salsa on each plate, top with a chile relleno, more sauce, crumbled queso fresco or cotija cheese and freshly chopped cilantro.