

Chiles Rellenos

Category: Mexican

Servings: 4

Rating: 10

Source: Sunset Mexican Cookbook

Description:

Pablanos are the easiest to deal with and are the traditional chili to use, but anaheims taste better. Unfortunately, they are also more difficult to prepare.

Ingredients:

green chilies	6-8 anaheims or 4 pablanos
jack cheese	1/2 pound
flour, all-purpose	1/2 cup
egg	3
salt	1/4 teaspoon
vegetable oil	
sour cream	
salsa	

Instructions:

Broil the chiles until they are charred all over. Drop them into a paper bag, close the bag and let cool. Peel and remove the seeds. Stuff each chile with a piece of jack cheese about 1/2" wide and 1/2" thick and about 1" shorter than the chile. Slightly lap cut edges to hold the filling inside. Roll each chile in flour to coat and gently shake off the excess. Beat egg whites with salt until they hold firm, soft peaks. Beat egg yolks until they are thick and fold them into the white. Coat chile all over with the egg batter. Fry in hot oil until golden brown on both sides. Remove and drain on paper towels. Serve with sour cream and salsa.