

Chiles Rellenos **(Gluten-free)**

Roasted poblano chiles stuffed with loads of cheese, battered with an airy egg coating, and fried until crispy equate to the Mexican version of comfort food.

Chiles rellenos fillings can range from ground or stewed meats to a medley of vegetables, but this recipe sticks to classic cheese.



Ingredients:

- 4 medium poblano chiles
- Freshly ground black pepper
- 3 cups shredded Monterey Jack cheese (about 8 ounces)
- 4 large eggs, separated and at room temperature
- 1/2 teaspoon kosher salt, plus more as needed
- 1 cup vegetable or canola oil

Directions:

1. Cut poblano peppers lengthwise down one side. Carefully open the flaps to expose the interior of the chile and, using a paring knife, carefully cut out and remove the core, ribs, and any seeds. Sprinkle with coarse or sea salt and black or chili pepper.
2. Turn gas burner to medium-high heat. Place 1 chile directly on burner and roast, turning occasionally with tongs, until blackened and blistered on all sides, about 5 to 7 minutes. (Alternatively, heat the broiler to high and arrange a rack in the upper third of the oven. Place all of the chiles directly on the rack. Broil, turning occasionally with tongs, until the chiles blacken and blister on all sides, about 8 to 10 minutes. The chiles will be softer using the broiler rather than a direct flame, so be careful not to tear them while stuffing.) Remove to a bowl; repeat with the remaining 2 chiles.
3. Cover the bowl tightly with plastic wrap or a baking sheet and let the chiles steam until cool enough to handle, about 15 minutes. Using a butter knife, scrape away and discard the chile skins, being careful not to tear the chiles; set the chiles aside.

4. Heat the oven to 250°F and arrange a rack in the middle. Place a wire rack over a baking sheet and set aside.
5. Season the inside and outside of the chiles with salt and pepper. Stuff each chile, being careful not to tear them, with a quarter of the cheese (about a heaping 2/3 cup) and close the flaps over the cheese; set the chiles aside.
6. Whisk the egg yolks in a medium bowl until lightened in color and frothy, about 2 minutes; set aside.
7. Beat egg whites and measured salt on high speed until stiff peaks form, about 1 1/2 minutes.
8. Add the egg yolks to the egg whites, and fold with a rubber spatula until just combined (do not deflate the egg whites); set aside.
9. Heat the oil in a large frying pan over medium-high heat until hot, about 4 minutes.
10. Working with 1 chile at a time, drop 1/2 cup of the egg batter into the oil and use a rubber spatula to spread it to about the same size as the stuffed chile.
11. Lay the chile seam-side down on top of the mound of batter. Drop another 1/2 cup of batter on top of the chile, spreading it with the rubber spatula to cover the sides and encase the chile.
12. Cook without disturbing until the bottom of the chile relleno is golden brown, about 2 to 3 minutes. Using a flat spatula and a fork, carefully flip the chile relleno over and cook until the other side is golden brown, about 2 to 3 minutes. (If the sides of the chile are not brown, use a spatula or tongs to turn it onto each side to brown.) Transfer the chile relleno to the rack set over the baking sheet, season with salt, and place in the oven to keep warm. Repeat with the remaining stuffed chiles.

To serve, spread 1/3 cup of tomato salsa on each plate and top with a chile relleno. Serve immediately.

Recipe adapted from Chowhound.com