

Chile Relleno (Cheese-Stuffed Poblano Peppers)

Ingredients

- 4–6 poblano peppers
- Olive oil
- Salt & pepper
- 6 eggs (separated)
- 2 cups all-purpose flour
- Paprika (optional)
- Cheese (pepper jack, Colby Jack, or cheddar)
- Cooking oil (for frying)
- Enchilada sauce (verde, roja, or mole)

Step 1: Roast the Peppers

- Place peppers on a baking sheet
- Drizzle with olive oil, salt, and pepper
- Roast at 400°F for 20-30 minutes
- Turn once until slightly charred on both sides

Step 2: Steam & Peel

- Place hot peppers in plastic bags
- Let them steam for easier peeling (at least an hour, can be overnight)
- Gently remove skins (it's okay if some stays!)

Step 3: Stuff the Peppers

- Slice a small opening
- Remove seeds if desired
- Fill with your favorite cheese
- Optional: secure with toothpicks

Step 4: Prepare the Batter

- Whip 6 egg whites until stiff peaks form
- Gently fold in beaten egg yolks.

Step 5: Prepare the Flour

- Add flour to a bowl
- Season lightly with salt, pepper, and paprika

Step 6: Heat the Pan

- Heat oil in a frying pan over medium heat
- Have everything ready for dipping and frying

Step 7: Coat the Peppers

- Roll stuffed peppers in flour
- Lightly coat pepper (don't fill with flour)
- Dip into egg mixture until fully coated

Step 8: Fry

- Place seam-side down in pan, if you can.
- Cook about 3 minutes per side
- Flip when golden and set
- Cook until both sides are golden brown

Step 9: Sauce It Up

- Transfer directly into warm sauce
- Use verde, roja, or mole. Verde shown.
- Let flavors come together

Step 10: Serve & Enjoy

- Serve with rice and beans. Many options!
- Or enjoy on its own
- Add tortilla chips on the side
- Goes great with Suzanne's Sangria – served chilled!

Final Tips

Adding a teaspoon of flour to the yolks before beating, can help thicken batter.

Feel free to add garlic powder and onion powder into flour mixture. Lightly, you want to keep the poblano flavor!

If you get stuck or want more detail, feel free to reach out — happy cooking!