

Name of Organization \_\_OIS\_CLA\_GCK\_\_ Name of Event \_\_IEW Culinary Heritage\_\_

Date \_\_11.16.23\_\_

## Recipe Worksheet

Recipe Name Chiles Rellenos with arroz rojo

Yield Original \_\_12- Chili; Salsa Roja- 13\_\_ Event \_\_300\_\_

Portion Size Original \_\_1/2 chili; Salsa Roja- 2 oz\_\_ Event \_\_1/2 chili; Salsa Roja 2 oz\_\_

Equipment needed:

x25

Ingredient:	Amount:	Event Amount:	Ingredient:	Amount:	Event Amount:
<b>For Chiles rellenos (6 servings one chile each)</b>			<b>For salsa roja x 23</b>		
1)Poblano peppers	6- 14.5 oz.	23 lbs.	10)Roma tomatoes	12-29.3 oz.	674 oz= 42 lb.
2)Monterey Jack cheese	8.4 oz.	13 lbs.	11)white onion	½- 10.35 oz.	238 oz.~ 15 lb.
3)oil (for frying)	4 cups	~ 2 gal	12)garlic	3 cloves- 2 oz.	46 oz~ 3 lb.
4)large eggs	5	125 each- 10.5 doz	13)jalapeño pepper	1.5 oz	~ 2 lb.
5)corn starch	½ cup	12.5 cups= 4 lb.	14)cilantro	.35 oz	8 oz.
6)garlic salt	½ tsp	~ 3 Tbsp.	15)salt	1 tsp	~ 5 Tbsp
7) Butcher's twine	60 in	1-2 rolls	16)olive oil	2 tsp	~ 1 cup
8) Ziploc bags (1 gall)	1		17)cinnamon sticks	1	12-15
9) gloves for cooking	many		18)pepper	½ tsp	~ 3 Tbsp

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## Methods:

For Chiles rellenos

1. Roast the peppers: Line a large baking sheet with aluminum foil and place poblano peppers on top. Set oven rack directly underneath the broiler and turn the broiler on. If on stove range, 20-30min on high heat to blister
2. Broil poblanos for 5 minutes, or until the skin is blackened and blistered. Carefully flip them over and broil for another 5 minutes, or until the skin is blackened and blistered.
3. Remove them from the oven and put them in Ziplock bags to keep in some of the heat and help them steam. Let them sit for 5 minutes.
4. Peel the peppers: Peel and rub off as much of the loose skin on the peppers as possible. It doesn't have to be perfect, just as much as you can.
5. Cut a small slit down the middle of the peppers with a knife and remove the seeds.
6. Stuff the peppers: Carefully stuff the peppers with the cheese. Some of the peppers will be extra fragile because of the roasting process and may tear – that's okay. Just do the best you can.
7. Gently close the opening of the peppers and secure it with string to ensure that the cheese won't ooze out during the frying process. Set aside.
8. Prepare for frying: Heat the oil frying oil in a large saucepan or deep skillet over medium-high heat. Line a baking sheet with paper towels and set aside. While oil is heating up, prepare the batter.
9. Make the batter: Separate the egg whites from the yolks into two separate bowls – the whites into a large mixing bowl and the yolks into a small bowl. Using an electric hand mixer, beat the egg whites until stiff peaks form.
10. While continuing to beat the egg whites on low, add in the egg yolks one at a time until all of them are fully mixed in. The batter should be light, fluffy and smooth.
11. Coat the peppers with batter: Place the corn starch and salt into a separate shallow bowl or plate. Mix together to combine. Gently roll the stuffed peppers in the flour mixture, then give them a gentle tap to remove any excess. Then dip them in the egg batter and gently place them in the hot frying oil.
12. Fry the chile rellenos: Fry the peppers for 3-5 minutes per side, until the batter is golden brown and crispy.

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13. Transfer the peppers to the lined baking sheet to drain off any excess oil.

**For salsa roja**

1. Roast Tomatoes with Poblano Peppers- just peel them, they don't need to be steamed.
2. Add tomatoes, onion, garlic, jalapeño, cilantro and salt to a blender. Puree until smooth.
3. Heat olive oil in a small saucepan over medium-high heat. Add blended salsa and bring to a boil. Put the cinnamon.
4. Reduce heat to low and simmer, stirring occasionally for 8 minutes. Remove from heat, taste and season with more salt if desired.