

# Mexican

## Cultural Cooking:

### Chiles Rellenos

#### Diana Crespo Camacho

Diana (Dee-ana) is from Mexico City, Mexico. The women in her family are typically the cooks, and it was her Puebloan grandmother that taught her to cook Chiles Rellenos - a dish native to Puebla.



#### Cultural Foods

She and her family grew up eating recipes with similar staples - tortillas, rice cooked with tomatoes, and beans or refried beans. Other common ingredients used include chiles, salsa, avocados, papayas, cilantro and limes.

#### Recipe - Chiles Rellenos

1. Broil the poblano chiles and the tomatoes until they are nicely blackened and blistered.
2. Place the chiles in a bag to steam for 5 minutes then remove the skin and seeds carefully to keep the chiles intact.
3. Carefully stuff the peppers with cheese and tie closed with butchers twine; set aside.
4. Separate egg yolk and whites; beat whites until stiff peaks form then slowly add in egg yolks one at a time.
5. Mix cornstarch and salt together; coat chiles in flour then egg batter and shallow fry to golden brown.
6. Place tomatoes, jalapeños, garlic, cilantro, and salt in a blender; blend until smooth.
7. Heat salsa roja on the stove with a stick of cinnamon.
8. Cover fried chiles with salsa roja and serve.

#### Key ingredients



- Monterey Jack Cheese



- Poblano Chiles



- Corn Starch



- Whipped Eggs



- Salsa Roja

#### Understanding Culture

Typically in both Diana's family and in the culture, they eat small meals, like sandwiches and fruit, for breakfast and dinner. For lunch, around 1-2 pm, they have a larger, family-style, sit-down meal. Vegetable- and starch-heavy meals due to meat being expensive.

#### Symbolic & Cultural Event Meanings

- Sept. 16th-Mexican Independence Day -> Pozole (corn/pork soup)  
Nov. 1st-Día de Los Muertos -> Pan de Muerto (bread of the dead)  
Jan. 6th-Los Reyes Magos -> Rosca de Reyes (bread w/ dried fruit & sugar)  
Feb. 2nd-Día de la Candelaria -> Tamales for the Virgin Mary  
March-Holy Week -> no red meat for the 40 days before Jesus was crucified