



# CHILES RELLENOS (STUFFED PEPPERS) BY: ADRIAN SALAS

## INGREDIENTS

- 4 fresh poblano chile peppers
- ½ pound lean ground beef
- 1 onion, chopped
- 1 clove garlic, chopped
- salt and pepper to taste
- 3 eggs, separated
- 1 cup shredded mozzarella cheese
- 2 Roma (plum) tomatoes,  
chopped
- ½ cup all-purpose flour
- 1 cup corn oil

**PREP TIME: 15MINS**  
**COOK TIME: 30MINS**  
**TOTAL TIME: 45MINS**

## DIRECTIONS

**1. Place whole peppers over an open flame (gas burner) or under the broiler. Roast, turning frequently until evenly black and blistered. Remove from heat, place in a plastic bag, and let them sweat for a while. This will allow the skins to peel off easily.**

**2. While the peppers are sweating, place the ground beef in a skillet over medium-high heat. Cook, stirring to crumble until evenly browned. When beef is fully cooked, add the onion, garlic, and tomato, and cook for a few more minutes. Season to taste with salt and pepper.**

**3. Remove the peppers from the bag, and peel off the burnt skin. You may wish to wear protective gloves. Run peppers under cool running water to rinse away any burnt pieces. Make a small vertical slit in the side of the peppers, and remove the seeds and veins. Stuff each pepper halfway with the ground beef mixture, then fill the rest of the way with shredded cheese. Close the slits, and secure with toothpicks.**

**4. Whip egg whites in a large glass or metal bowl until thick and fluffy. Add the egg yolks, and whip for a minute to blend in.**

5. Meanwhile, heat 1/4 inch of oil in a large heavy skillet over medium-high heat. Coat the stuffed peppers with a light dusting of flour, then dip them in the egg so they are fully covered. Carefully place in the hot oil, and fry on both sides until golden. Drain on paper towels, then serve on a large platter.

**6. This is a great traditional Mexican dish. It takes a little bit of time, but it is worth every minute! Provecho! Serve with a side of Spanish Rice.**



# SERRANO PEPPER GRILLED CHICKEN

## INGREDIENTS

- **Sauce:** 1 Half Stick (1/4 cup) butter, melted
- 4 serrano peppers, seeded, chopped
- 2 teaspoons finely chopped fresh garlic
- 1/4 teaspoon salt
- 1/4 teaspoon coarse ground pepper
- 1/8 to 1/4 teaspoon ground red pepper (cayenne)
- **Chicken:** 1 (3- to 4-pound) frying chicken, cut into 8 pieces
- **Garnish:** Green chile salsa or green chile taco sauce, if desired

## DIRECTIONS

- 1. Heat 1 side of gas grill on medium or charcoal grill until coals are ash white. Place coals to 1 side in charcoal grill. Make aluminum foil drip pan; place opposite coals.*
- 2. Stir together all sauce ingredients in a small bowl.*
- 3. Place chicken pieces on grill over drip pan; brush with sauce. Cover; grill, turning and basting occasionally with sauce, 50-60 minutes or until internal temperature reaches at least 165°F. and juices run clear when pierced with a fork. Serve with salsa, black beans, and rice, if desired.*

**PREP TIME: 15MIN**

**COOK TIME: 50-60MINS**

**TOTAL TIME: 1HR 5MINS**



# PAPALO- TOMATILLO GUACAMOLE

## INGREDIENTS

- 1 garlic clove, peeled
- 1 small serrano or jalapeño pepper, seeds, and stem removed
- 6 ounces tomatillos (about 4 large) husked, rinsed and quartered
- ¼ cup loosely packed papalo leaves
- ¾ teaspoon kosher salt
- 1 ripe, small avocado
- Freshly squeezed lime juice (optional)

## DIRECTIONS

- 1. Combine the garlic, pepper, tomatillos, papalo, and salt in the bowl of a food processor fitted with a metal blade. Blend until finely chopped.*
- 2. Slice the avocado in half, remove the pit, and peel off the skin. Cut the avocado into large pieces, add them to the bowl of the food processor, and blend until smooth.*
- 3. If you like, you can thin the guacamole with some freshly squeezed lime juice.*
- 4. Store the guacamole, covered with a piece of plastic pressed directly against the surface, in the refrigerator.*

**PREP TIME: 10MINS**  
**TOTAL TIME: 10MINS**



# POZOLE VERDE, WITH EPAZOTE

## INGREDIENTS

- 2 pounds of pork shoulder
- 1 quart of chicken broth
- 20 to 30 large tomatillos
- 10 large sorrel leaves (optional)
- 2 or 3 tablespoons lard, or other cooking oil
- 1/2 cup pepitas, toasted in a frying pan until aromatic and then ground
- 1 28- to 32-ounce can of white hominy
- 1 teaspoon of dried oregano, Mexican if possible
- 1 small bunch of epazote
- 1 small onion, minced
- 1 avocado, diced
- 1/2 cup chopped cilantro
- Lime wedges

**PREP TIME: 45MIN**

**COOK TIME: 2HRS**

**TOTAL TIME: 2HR 45MINS**

## DIRECTIONS

- 1. You'll need to simmer the pork shoulder or pheasant legs in the broth, plus enough water to cover until they are tender enough to shred, about 90 minutes to 2 hours. You can do this up to 5 days in advance if you want, or use leftovers. Basically, you simmer the meat (or meats) until tender, then shred, then set aside. Save the cooking liquid*
- 2. Cover the tomatillos with just enough water to cover and boil. Drop the heat to a bare simmer and let this cook for 15 minutes. Move the tomatillos to a blender and add to the blender the sorrel and the chopped chiles. Buzz into a rough puree; you might need to add some of the tomatillo cooking liquid.*
- 3. Heat the lard in a Dutch oven or other large, heavy pot and add the tomatillo puree. Cook this over medium-high heat for a couple of minutes. Add the ground pumpkin seeds, the shredded meats, the oregano, and the epazote if you have some. Add enough of the reserved liquid from cooking the meats to make this a stew. Simmer this gently for 25 minutes. Add salt to taste.*
- 4. Serve everyone some of the pozole and let everyone top it with the onion, avocado, cilantro, and lime.*

5. This is a one-pot meal, and great served alone or with rice.



# CREAMY HABANERO SAUCE

## INGREDIENTS

- 6 Habanero peppers
- 1 small garlic clove peeled
- 1 cup of water
- ¼ cup vegetable oil
- Salt to taste

**PREP TIME: 3MINS**  
**COOK TIME: 12MINS**  
**TOTAL TIME: 15MINS**

## DIRECTIONS

*1. Place peppers, garlic and water in a small saucepan (with the lid slightly covering it) over medium heat and cook until peppers are soft and tender about 10-12 minutes. You will need to open your kitchen windows to keep the area well ventilated or turn on the exhaust fan to avoid eye irritation. I live in an apartment, and usually turning on the exhaust fan and placing the lid on the saucepan is enough to avoid any discomfort from the pungent steam coming out of the cooking peppers.*

*2. Once cooked, remove the peppers and garlic from the saucepan and place them into a blender with the remaining cooking water, which by this time has been reduced.*

*3. Let the peppers cool for some minutes and then turn your blender on to puree the peppers. Open the lid while the blender is still running and slowly add the oil to a steady stream. This last step will emulsify the salsa, giving it a creamy texture. Pour salsa into a small bowl and season with salt. Enjoy with some Steak and Chorizo Tacos!*

*4. This recipe Creamy Habanero Salsa is rather easy to make; the salsa lasts at least 2 weeks in the fridge and goes well with grilled meats, roasted chicken, fried fish, and hot dogs.*



# CHILACA PEPPER SALSA

## INGREDIENTS

- 6 Chilaca Peppers (8.4 oz)
- 1/4 of an Onion (1.2 oz)
- 2 Garlic cloves (.2 oz)
- 1/2 tablespoon of Oregano
- 1/2 tablespoon of Salt

## COOKWARE

- Griddle
- Blender
- Cutting Board
- Tongs
- Knife

**PREP TIME: 10MIN**  
**TOTAL TIME: 30MINS**

## DIRECTIONS

**1. Put on a griddle over medium heat 6 chilaca peppers and roast them for about 5 minutes, until all their sides are well roasted; move them regularly with some tongs. If you want to reduce the hotness of the salsa, remove the veins and the seeds of the chilies.**

**2. Transfer from the griddle to a blender, with the tongs, the chilies that were roasted.**

**3. Also add in the blender:**

- 1/4 of an Onion.
- 2 Garlic cloves.
- 1/2 tablespoon of Oregano.
- 1/2 tablespoon of Salt.

**4. Blend all ingredients well.**

5. The recipe yields 1½ cups.

**6. The preparation of this recipe is quite simple since you only have to roast and blend.**