Chile Rellenos by Maricela Alcazar

My sister Claudia went to a fruit stand in south Weslaco near the border of Nuevo Prog eso. As she crossed back from Nuevo Progreso, she decided to stop at the fruit stand on the side of the road. She said she felt like eating chile rellenos, so she bought two pounds of poblano peppers. Her plan was to make the rellenos for her daughter and me when she came back to San Antonio.

First we charred the chiles in the broiler, turning them occasionally until they blistered. We removed them from the oven and immediately put them in a plastic bags to sweat the pods so the skin would slide right off.

“Mari, can you help me peel off the skin?” she said. I washed my hands, put on an apron and started helping her.

I helped her peel off the skin using running water to help peel off the skin. The chiles were sticky and the water helped then opened the chiles with the knife and scraped off the seeds carefully so I wouldn’t tear them. She explained I had to leave them whole so we could fill them up with cheese.

I did manage to fill some of them with the cheese of queso fresco. I did tear them a little but they mostly made it ok.

This was the first time I had ever made this kind chile rellenos. It took a very long time but it was worth it. The chile rellenos tasted delicious. The second chile relleno I made, I removed the egg white and ate it with the cheese and I even liked it better that way. I was full and satisfied.

This is the ingredient I use for the chile. It is queso fresco (fresh cheese).

I beat the egg whites and until they formed soft peaks.
After cleaning the chiles, I set them on the plates to dry.

I individually added the cheese inside the chiles.

Afterwards I dipped the chiles in white flour.
Then I dipped the chiles inside the egg whites, making sure the egg whites covered the chiles.

Next I fried the chiles in hot oil.

Turn the chile to the other side of it, so it will not burn.
Finally, this is end result. I enjoyed eating the chile rellenos. It was the best dinner I ever had because it was homemade...by me!