

# Chile Rellenos (Stuffed Pablanos)

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## *Ingredients:*

- Pain Train Salsa (not optional because it's the best!)

## *Chiles:*

- 4 medium poblano chiles (about 1 pound)
- Ground sausage (like Owens or Jimmy Dean ground breakfast sausage) or your favorite bacon.
- 3 cups shredded Monterey Jack (solid block recommended) or Mexican Blend cheese (about 8 ounces)
- 4 large eggs, separated and at room temperature
- 1/2 teaspoon salt, plus more as needed
- 1 cup olive or coconut oil



## *Directions:*

1. Brown ground breakfast Sausage (or cook crisp Bacon and crumble); set aside.
2. Lay 1 chile on a work surface so that it sits flat naturally without rolling. Using a paring knife, make two cuts forming a "T" by first slicing down the middle of the chile lengthwise from stem to tip, then making a second cut perpendicular to the first about a 1/2 inch from the stem, slicing only halfway through the chile (be careful not to cut off the stem end completely).
3. Carefully open the flaps to expose the interior of the chile and, using the paring knife, carefully cut out and remove the core.
4. Scrape the inside with a small spoon to remove the seeds, ribs, and any remaining core. (leave a few seed only if you want it HOT)
5. Repeat with the remaining peppers.
6. Turn 2 gas burners to medium-high heat. Place 1 chile directly on each burner and roast, turning occasionally with tongs, until blackened and blistered on all sides, about 5 to 7 minutes. (Blistering helps remove waxy skin, making it tender.)
7. Cover the bowl tightly with plastic wrap or a baking sheet and let the chiles steam (tenderizing) until cool enough to handle, about 15 minutes. Using a butter knife, scrape away and discard the chile skins, being careful not to tear the chiles; set aside.

8. Heat the oven to 250°F and arrange a rack in the middle. Place a wire rack over a baking sheet; set aside.
9. Mix Sausage (or Bacon), with all of the cheese.
10. Stuff each of the four chiles, being careful not to tear them, with a quarter of the cheese and close the flaps over the cheese; set aside.
11. Whisk the egg yolks in a medium bowl until lightened in color and frothy, about 2 minutes; set aside.
12. Mix egg whites and salt with hand mixer on high speed until stiff peaks form, about 1 1/2 minutes.
13. Fold egg yolks into egg whites with a rubber spatula until just combined (do not deflate the egg whites); set aside.
14. Heat the oil in a large frying pan over medium-high heat until hot, about 4 minutes. Check to see if the oil is hot by submerging the handle of a wooden spoon or a wooden chopstick until it touches the bottom of the pan—the oil should bubble vigorously.
15. Working with 1 chile at a time, drop 1/2 cup of the egg batter into the oil and use a rubber spatula to spread it to about the same size as the stuffed chile.
16. Lay the chile seam-side down (to seal it closed) on top of the mound of batter.
17. Drop another 1/2 cup of batter on top of the chile, spreading it with the rubber spatula to cover the sides and encase the chile.
18. Cook without disturbing until the bottom of the chile relleno is golden brown, about 2 to 3 minutes. Using a flat spatula and a fork, carefully flip the chile relleno over and cook until the other side is golden brown, about 2 to 3 minutes. (If the sides of the chile are not brown, use a spatula or tongs to turn it onto each side to brown.)
19. Transfer the chile relleno to the rack set over the baking sheet, season with salt, and place in the oven to keep warm. Repeat with the remaining stuffed chiles.
20. To serve, spread 1/3 cup of the Pain Train Salsa on each plate and top with a chile relleno. Serve immediately, passing the remaining salsa on the side.

Modified Recipe Courtesy of: <https://www.chowhound.com/recipes/chiles-rellenos-29565>