



## **Chiles Rellenos con Salsa de Tomate** (Serves 4)

### **Chiles Rellenos**

- 12 green chilies (chile guaque verde or guajillo or even jalapeños (spicy!))
- ½ pound of ground beef
- 1 medium onion
- 1 clove of garlic
- 1 bay leaf
- ½ teaspoon of thyme
- 1 tablespoon of fresh finely diced parsley
- 2 plum tomatoes
- 2 tablespoons of vegetable oil
- ½ teaspoon of salt
- ½ teaspoon of pepper
- ½ cup of finely diced potato
- ½ cup of finely diced carrot
- ½ cup of finely diced green beans
- 4 eggs
- Vegetable oil (enough to fry the chilies)

### **Salsa de Tomate**

- 4 roma tomatoes
- 1 small onion
- 1 red bell pepper
- ½ teaspoon of salt

First begin by roasting the green chilies on all sides. You can roast your green chilies by either grilling or roasting in the oven. Once the chilies are roasted the skins will start to blister. One by one place the roasted chilies in a plastic or paper bag to “sweat” the chilies, which makes them easier to peel. Chilies are easier to peel when they are still hot. Begin by peeling the skin from all of the chilies. Then open the chilies with your finger from the side and remove all of the seeds and veins from the chili leaving only the skin and the stem intact. Set aside. NOTE: When removing the seeds and veins this is the spiciest part of the chili. If you would like, use vegetable oil on your fingers when peeling the chilies. Please be sure to wash your hands thoroughly and try not to touch your face or sensitive areas. It is common for your fingers to tingle for a few hours after handling the chilies. (Try soaking your fingers in cold milk and ice for relief.)

Boil the finely diced potatoes, carrots and green beans in a sauce pan with water for approximately 10 minutes until the potatoes are cooked. After the potatoes, carrots, and green beans are cooked drain the excess water. Then mash the mixture in the pan or dice the ingredients until they are fine. Set aside.

Dice the onion and 2 tomatoes and place them in large frying pan with 2 tablespoons of vegetable oil. Saute the onion and tomatoes for two minutes and then add the ground beef. After you have cooked the ground beef mixture for two minutes, add the bay leaf, thyme, ½ teaspoon salt, and ½ tablespoon of pepper. The ground beef will cook for about 15 minutes. Add the parsley to the ground beef mixture and cook for only one minute. When the beef is ready add the potato, carrot and green bean mixture to the pan. Cook for one minute extra. Remove the bay leaf. Set aside.

In a large mixing bowl separate the egg whites from the yolks. Place the yolks in a smaller bowl. Rapidly beat the egg whites with a whisk for 5 minutes until foamy and forms peaks. After ridges are formed add the egg yolks to the mixture and whisk until mixed for 30 seconds. Set aside.

Take roasted chili skins and fill the chilies with the beef mixture until stuffed. Use approximately one full rounded tablespoon for each chili. Then close the chili and place aside. Continue to fill all of the chilies.

In a large frying pan place enough oil to fry the chilies. Heat the oil with a medium to low flame. You will be placing the chilies coated with egg batter in the pan so make sure to not have the oil too hot. Take one chili and place in the egg batter. Grab the chili by hand and place in the frying pan. Spoon extra egg batter over the chili to cover any chili not covered in batter. Repeat with other chilies. Fry the chilies in the pan on each side until light golden brown, approximately 1 ½ minutes on each side. Remove from pan and place on serving plate.

Serve chilies with the salsa de tomate.

### **Salsa de Tomate**

To prepare the sauce, boil in a saucepan halved tomatoes, onion, and bell pepper and ½ cup of water for 10 minutes. Then place the contents in a blender (usually about ¼ a cup of water remains) and blend for two minutes. Place back in the saucepan and boil for 3 minutes. Serve over the fried chilies.

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