

## *Baked Rice with Sour Cream, Poblano Chiles and Corn*

*Carolyn T's  
Main Cookbook*

**Servings: 8**

Author: *Bon Appetit, August, 1989*



- 2 whole poblano chilies**
- 2 cups water**
- 1 1/2 tablespoons unsalted butter**
- 1 teaspoon salt**
- 1 cup long-grain rice**
- 1 tablespoon vegetable oil**
- 1/4 cup chopped onion**
- 1 whole garlic clove, minced**
- 3/4 cup canned corn, drained**
- 1/2 cup sour cream**
- 2 tablespoons chopped onion**
- 1/4 cup cilantro, chopped, fresh**
- 9 ounces cheddar cheese, shredded (about 2 1/4 cups)**

**Blog: Carolyn T's Blog:**  
<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 307 Calories; 18g Fat (51.7% calories from fat); 11g Protein; 26g Carbohydrate; 1g Dietary Fiber; 46mg Cholesterol; 529mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat.*

### *Description:*

1. Char chilies over gas flame or in broiler until blackened on all sides. Wrap in paper bag and let stand 10 minutes to steam. Peel and seed. Rinse if necessary; pat dry. Chop chilies.
2. Bring water to boil in heavy medium saucepan. Add butter and salt. Mix in rice. Reduce heat to low, cover and cook until rice is tender, about 16 minutes. Transfer rice to large bowl and cool, fluffing occasionally with fork. Butter 8-cup shallow baking dish.
3. Heat vegetable oil in heavy medium skillet over medium heat. Add 1/4 cup onion and saute until onion is translucent, about 5 minutes. Add garlic and saute for one minute. Add chopped chilies and saute 1 minute. Mix chili mixture and corn into rice.
4. Combine sour cream, cilantro and 2 T onion in small bowl. Add to rice and mix well. Stir in cheese.
5. Transfer rice mixture to prepared dish. (Can be prepared 1 day ahead. Refrigerate. Let stand 1 hour at room temperature before continuing.) Preheat oven to 325°F. Bake rice until sides are light brown and mixture is heated through, about 25 minutes. May garnish with additional cilantro if desired.