

Roasted Poblano Chile Stuffed with Corn and Cheese

Carolyn T's
Cookbook

Servings: 2

Author: My own recipe, but inspired by a similar dish at Parkway Grill in Pasadena, California



Description: Kind of like calabacitas, but stuffed in a chile instead

Preparation Time: 30 minutes

Start to Finish Time: 55 minutes

1. Preheat oven to broil.
2. Wash and dry the fresh chiles and lay them on a small cookie sheet lined with foil or a Silpat. Place under broiler and char the peppers until the skins are black, turning them over once or twice to get all the sides. Do not overcook them or they will fall apart once you try to remove the charred skin. Remove from oven and cover with foil or plastic wrap (in a bowl) and let sit for 15 minutes. When they're cool enough to handle, using a paring knife or a paper towel, remove all the skin. Then slit the chile from the side (from tip to stem, but leaving stem end intact) and remove seeds. Reduce oven temperature to 350.
3. Meanwhile, heat olive oil in a small skillet and saute the onion for about 3-4 minutes. Add garlic and cook for just 30-60 seconds, then remove from heat.
4. Remove corn from the cobs (even scraping some of the milk from the cobs too as they add good flavor) and place in a medium bowl. Add the cooked onion mixture, both bell peppers and chipotle. Add the lime juice, heavy cream and the chicken stock base that's been dissolved in about 1 T. of water. Season with salt and pepper. Taste the mixture to see if it needs additional seasoning. If you add feta cheese as I did, it's salty all on its own. You may not need any salt in the corn.
5. Add the egg and about half of the cheese (jack and feta) to the corn mixture, stir and spoon the corn into the chile, laying the chile open somewhat. Mound the mixture a bit, then sprinkle with the additional cheese. Place the two stuffed chiles on the same baking sheet you used to char the peppers and bake for about 20 minutes until cheese is bubbling. Serve immediately.

- 2 whole poblano peppers
- 2 whole corn on the cob, cut off the cob
- 3 tablespoons red onion, minced
- 1 large garlic clove, minced
- 2 teaspoons olive oil
- 3 tablespoons red bell pepper, minced
- 3 tablespoons yellow bell pepper, minced
- 1 small chipotle chile canned in adobo, minced
- 1/2 whole lime, juice only
- 1 whole egg, whisked (optional)
- 1 cup jack cheese, or cheddar, shredded
- pepper, to taste
- 1/2 teaspoon chicken stock base
- 2 tablespoons heavy cream
- 3 tablespoons feta cheese, or cotija if you can find it

Serving Ideas: You could also add some chopped, cooked chicken to this, to make a complete meal. Also wild rice would be a good addition, or even regular white rice. Some recipes suggested small shrimp too. If you can only find medium sized Poblanos, buy three, as the filling will be enough for three. This could also be served (in smaller sized peppers) as a side dish with a Southwest-inspired menu.

Categories: Vegetables/Sides, Vegetarian, Vegies/Sides

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

Per Serving (excluding unknown items): 289 Calories; 17g Fat (48.6% calories from fat); 11g Protein; 29g Carbohydrate; 5g Dietary Fiber; 140mg Cholesterol; 263mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat.

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