

Authentic Mexican Chiles en Nogada

⌚ Prep: 40m 🔥 Cook: 45m Σ Total: 85m 🍽️ 6 servings



📺 Video ref: Jauja Cocina Mexicana (Janet)

MISE EN PLACE / INGREDIENTS [21]

- ☐ 6 whole Large poblano peppers for stuffing
- ☐ 2 tbsp Neutral cooking oil
- ☐ 3 cloves Garlic cloves, minced
- ☐ 1 whole Crisp apple, peeled and diced
- ☐ 1 whole Ripe plantain (plátano macho), diced
- ☐ 0.25 cup Blanched slivered almonds
- ☐ 0.5 tsp Ground Mexican Ceylon cinnamon
- ☐ 0.5 tsp Freshly ground black pepper
- ☐ 4 oz Fresh goat cheese or cream cheese
- ☐ 2 tbsp Dry sherry (jerez) or white wine
- ☐ 0.25 cup Fresh flat-leaf parsley, chopped
- ☐ 1.5 lbs Ground beef and pork mix
- ☐ 0.5 whole White onion, finely diced
- ☐ 2 whole Ripe Roma tomatoes, finely diced
- ☐ 1 whole Ripe pear, peeled and diced
- ☐ 0.25 cup Dark raisins
- ☐ 2 tbsp Pink or white pine nuts (piñones)
- ☐ 1.5 tsp Kosher salt
- ☐ 1.5 cups Peeled English walnuts (Diamond Walnuts)
- ☐ 1 cup Whole milk
- ☐ 1 cup Fresh pomegranate arils

🛒 US SUPERMARKET BRAND GUIDE

English Walnuts: Diamond Shelled Walnuts
Plump fresh halves that peel cleanly for white sauce. • 📍 Baking aisle.

COOKING SEQUENCE & CHECKPOINTS

- 1

Roast and Peel Poblanos
⌚ 20 min

Char poblano peppers on a hot comal, steam in a covered bag for 15 minutes, then peel and deseed carefully through a single slit.
✓ Checkpoint: Whole tender peeled poblanos.
- 2

Fruit Picadillo
⌚ 25 min

Heat cooking oil in a wide skillet and sauté white onion and garlic. Brown the ground beef and pork to ≥160°F (71°C), then fold in diced tomatoes, apple, pear, plantain, raisins, almonds, pine nuts, cinnamon, kosher salt, black pepper, and 1 tbsp sherry; simmer until thick.
✓ Checkpoint: Sweet-savory aromatic filling cooked to ≥160°F (71°C).
- 3

Blend Nogada Sauce
⌚ 5 min

Puree peeled walnuts, goat cheese, whole milk, remaining 1 tbsp sherry, a pinch of cinnamon, and salt in a blender until ultra-creamy.
✓ Checkpoint: Velvety ivory sauce.
- 4

Assemble Tricolor
⌚ 5 min

Stuff peppers with warm picadillo, coat generously with room-temperature nogada sauce, and garnish with ruby pomegranate arils and chopped fresh parsley.
✓ Checkpoint: Iconic Mexican flag presentation.

🛡️ FOOD SAFETY & INTERNAL TEMPERATURE: 160°F (71°C) USDA SAFE MINIMUM INTERNAL TEMPERATURE FOR GROUND BEEF AND PORK

USDA Food Safety Minimum (≥160°F / 71°C): Ground beef and ground pork must be cooked to an internal temperature of at least 160°F (71°C) verified with an instant-read thermometer—never judge safety by color or juiciness alone—because grinding distributes surface bacteria throughout the meat.

👁️ MASTER DONENESS CHECKPOINT:

Pure white ivory nogada sauce draping the pepper, dotted with ruby pomegranate and fresh emerald parsley.

🔍 WHY IT WORKS:

Peeling the Walnuts: Removing the paper-thin bitter walnut skins ensures an ivory-white sauce with zero tannic astringency.

⚠️ TROUBLESHOOTING:

Nogada tastes bitter: Soak walnuts in warm milk 10 minutes to peel easily.

Interactive cooking mode, timers, and video guide at:
<https://cocinanding.com/recipes/chiles-en-nogada>

© Cocinanding Independent Kitchen Guide
Editorially validated • 100% Free Printable