

Traditional Cheese-Stuffed Chiles Rellenos in Tomato Caldillo

Prep: 25m

Cook: 25m

Total: 50m

4 servings



Video ref: Views on the Road (Stephanie & Cloud)

MISE EN PLACE / INGREDIENTS [10]

- ☐ 4 units Fresh, large, straight Poblano chiles with stems attached
- ☐ 1 lb (450g) Authentic Queso Oaxaca or melting Chihuahua cheese, shredded (El Mexicano Oaxaca)
- ☐ 4 units Large eggs, whites and yolks separated
- ☐ 0.5 cup All-purpose flour for dusting
- ☐ 4 medium Ripe Roma tomatoes, boiled for caldillo
- ☐ 1.5 cups Chicken broth or water for caldillo
- ☐ 1.5 cups Vegetable oil for shallow frying
- ☐ 2 cloves Garlic cloves, peeled (for caldillo)
- ☐ 0.25 medium White onion (for caldillo)
- ☐ 1.5 tsp Kosher salt, divided

US SUPERMARKET BRAND GUIDE

Authentic Oaxaca Cheese: El Mexicano Shredded Oaxaca Cheese

Supreme string-cheese melt that stays rich without watering out inside the pepper. • Hispanic dairy section.

COOKING SEQUENCE & CHECKPOINTS

- 1

Char & Sweat Poblanos

15 min

Roast chiles directly over flame or on hot comal until skin is blistered and charred black. Steam in a plastic bag for 10 minutes; gently peel off skin and make a small slit to remove seeds.
✓ Checkpoint: Clean, peeled chiles with stem intact.
- 2

Stuff Chiles & Simmer Tomato Caldillo

8 min

Stuff each pepper with generous Oaxaca cheese, pin closed with a toothpick, and roll in flour, shaking off excess. Meanwhile, blend the boiled Roma tomatoes, white onion, garlic cloves, chicken broth, and 1 tsp salt until smooth, then simmer the red caldillo in a saucepan for 8 minutes until savory and warm.
✓ Checkpoint: Dry, flour-dusted stuffed chiles and a simmering pot of fragrant red tomato caldillo.
- 3

Whip Cloud-Like Batter

5 min

Beat egg whites with the remaining 0.5 tsp salt until stiff peaks form. Add yolks one by one, gently beating on low speed just until incorporated.
✓ Checkpoint: Fluffy, pale golden egg batter.
- 4

Coat, Fry & Ladle into Caldillo Pool

8 min

Dip each floured pepper into egg batter. Fry in 350°F (175°C) oil for 2 minutes per side, ladling hot oil over top until golden and puffed. Ladle the warm red tomato caldillo into shallow bowls and rest the fried chiles rellenos on top.
✓ Checkpoint: Puffy, golden cloud-like chile relleno resting in warm red tomato caldillo.

FOOD SAFETY & INTERNAL TEMPERATURE: ≥165°F (74°C) SAFE INTERNAL COOKING AND SERVING TEMPERATURE (HOLD HOT AT ≥140°F / 60°C)

USDA/FDA Food Safety Standard: Cook to a minimum internal temperature of 165°F (74°C) for microbiological safety. Hold cooked food hot at ≥140°F (60°C) prior to serving and refrigerate any leftovers to ≤40°F (4°C) within 2 hours to prevent bacterial spore growth.

MASTER DONENESS CHECKPOINT:

Golden, cloud-like soufflé egg crust encasing a tender roasted poblano with long strings of molten cheese resting on savory tomato broth.

WHY IT WORKS:

The Stiff-Peak Egg Soufflé Batter:
Whipping egg whites to stiff peaks before gently folding in yolks traps micro-cavities of air that puff up dramatically upon meeting 350°F oil, shielding the pepper without absorbing excess oil.

TROUBLESHOOTING:

The egg batter slid off the poblano in the oil: Dry the peeled poblanos thoroughly with paper towels and coat evenly in flour so the egg batter has a dry anchor.