



PHOTOGRAPHS BY KENNON EVETT



Consuelo H. Perez Weber [CANYON LAKE, TEXAS]

Consuelo H. Perez Weber has been cooking since age 12, so it's no wonder she can whip up a mean chiles rellenos dish. During school breaks, Consuelo spent most of her time in her grandmother's kitchen and quickly learned how not to handle peppers. "Grandma would coat her hands up to the wrist with oil," she recalls, so that the pepper enzymes don't transfer to the skin. "The first time I cooked these, I forgot and I burned my hands," says Consuelo. "Another time, I rubbed my eyes after handling the peppers—both really bad ideas." Consuelo's chiles were her father's favorite meal. Although he's passed away, she still makes them on his birthday. "It's my way of saying happy birthday, Dad." —Justine Espersen

Photographs by Kennon Evett

Chiles Rellenos

Directions

Let eggs stand at room temperature while you prepare the chiles, then separate eggs and set aside.



Put whole poblanos into an oiled skillet on medium heat and cover. Turn every couple minutes until skin chars thoroughly and starts to bubble and crack. Remove chiles from skillet and place into a plastic bag and seal. Set aside while you prepare other ingredients.



In a separate skillet, brown the hamburger meat with the bouillon. Stir in the potatoes, carrots, and raisins to meat. Add cumin, salt, and pepper to taste.



Remove chiles from bag and run them under cold water; the skin should peel off easily. Use a knife to open each chile and remove the seeds.

Fill chiles with meat mixture and cheese.

Put 2 cups of flour into a shallow dish; reserve remaining ½ cup of flour. Hold each chile closed while you roll it in the flour to coat.



Close up chiles by using toothpicks and set them aside on a plate.

Heat oil in a pan.

PREPARE EGG BATTER: In clean, dry bowl, add egg whites and beat with mixer until fluffy. Add egg yolks and ½ cup of flour to batter. Mix until creamy.

Dip one chile at a time into batter and then place into hot oil. Let fry until batter is golden, about 3–4 minutes. Turn once to cook other side. Serve with rice and beans.



Ingredients

5 eggs, separated

5 poblano chiles

Canola or vegetable oil, enough to cover the bottom half of chiles placed on their sides in your choice of skillet

2 small potatoes, peeled and cut into small cubes

1 carrot, diced

2 small boxes of raisins

Pinch of cumin

Salt and pepper to taste

2 cubes of beef bouillon

2 pounds of hamburger meat

2 cups of Monterey Jack cheese, shredded

2 ½ cups of flour

Yields 5