

# Blue Corn-Green Chile Rellenos

## Ingredients

- 4-6 Green Chiles, prepared
- 8 oz. Monterey Jack or Asadero cheese, cut into 4-5 inch strips
- **1c. Valencia Blue Corn Muffin Mix**  
**¾ c. Valencia Blue Corn Muffin Mix (for use as a dry coating)**
- ¼ tsp. cream of tartar
- 4 large eggs, separated
- 1/8 c. Whole Milk



## Method

Lay out 4 – 6 green chiles in a shallow pan. Stuff each chile with Monterey Jack or Asadero cheese. Coat each chile relleno with dry Valencia Blue Corn Muffin Mix on both sides. Return to pan.

Separate 4 eggs into two medium bowls. Reserve the Yolks to combine with 1/8 cup of Whole Milk later.

Add ¼ tsp. of cream of tartar to medium bowl with egg whites. Then, beat the eggs with an electric beater on the top setting until the eggs are stiff with a creamy texture. The volume of the moisture should be at least four-fold.

Combine 1 c. of Valencia Blue Corn Mix with the slightly beaten yolks & milk. Stir into a moist but thick batter. Then fold this mixture into the beaten egg whites to

Dip each chile relleno into the batter, returning each to the shallow pan. Place the pan next to a large skillet with 1 inch of hot vegetable oil. Heat to 350 degrees. Fry rellenos 2-3 minutes per side. Remove & drain on paper towels.

*Courtesy of Kathy Cordova*

