

CHILE RELLENO



As with Mexican culture as a whole, much of Mexico's culinary tradition derives from the mixture, or mestizaje, of Spanish and indigenous customs. The chile relleno, a roasted poblano chile stuffed with cheese or meats and covered in an egg batter and fried.

The poblano chile is the most famous pepper for making this dish. Its origins date back to the pre-Hispanic era in Puebla, when the habitants cultivated it and used it in their diet because of its

unique flavor and versatility in the kitchen. However, with the arrival of the Spanish, Mexican culinary culture began to merge with European culture, resulting in the creation of new recipes, including stuffed chiles.

Elena's Version

- Monterey Jack cheese
- mozzarella cheese
- Poblano pepper

Tomato caldillo:

- tomatoes
- onion
- garlic
- serrano/ jalapeño
- tomato bouillon
- salt