

POBLANO CASSEROLE

Comfort, soul and a little candela in every
bite!



Sabor
A BAJA

BROUGHT TO YOU BY
ABRIL ECHAVARRIA



¡CREAM AND SMOKE!

Oh, Poblanos! One of the most loved Mexican Peppers all over the world! Their smell and flavor are intoxicating; Smokey, semisweet and with a mild heat, they easily stand out from every other pepper out there!

Poblanos are the prime element used in many dishes in Mexican Cuisine, like for example, the amazing Chiles Rellenos... (yeah! You guessed right!). And, when combined with dairy, well, that's when things get BOMB!

Over the years, I've been invested in bettering a recipe I call Poblano Casserole. It is a union of Mexican ingredients and flavors, with a cooking style I learned from visiting New Mexico: the Casserole. I'm pleased to share this comforting recipe with you!

Abri.



INGREDIENTS

2 lb of shredded chicken
 1/2 white onion cut in strips
 3 Tbs of butter
 4 Poblano Peppers, previously peeled and cut in strips (see instructions below)
 2 cups of Mexican Sour Cream
 1/2 bar of cream cheese
 2 medium sized garlic cloves
 Salt and Pepper to taste

Toppings:

2 cups of shredded cheese (Monterey, Motzarella, Cotija)
 A handful of Parsley

DIRECTIONS

In a 12" fry pan, melt the butter in medium heat. Add the onions and chicken, turn the heat up. Cook until crispy. Once brown, turn the heat off and reserve.

In a blender, bring in the cream, 1/3 of the poblano pepper strips, the garlic, salt, and pepper. Blend until you get a smooth cream.

In a Casserole Pan, layer out your ingredients in the following order: First, the reserved chicken, followed by the remaining 2/3 of poblano peppers. Then, pour in the creamy mixture, making sure it spreads evenly. Finally, spread the cheese and parsley on top. Cover with some foil paper and bake for 30 minutes, in 350°F. Remove the foil paper and let your dish broil for 5 minutes.



**ABUELITA'S TIP
OF THE DAY:**

Peeling Poblano Peppers is not that hard! Just Toast them in a heavy pan, until they turn completely black. Then, let them all sit in a closed Ziploc bag for 30 minutes. Finally, wash off the darkened peel in running water, and, remove insides and stems!