

A vibrant collage of Mexican ingredients. In the foreground, a large, shallow, terracotta bowl with a decorative perforated rim is filled with a thick, dark brown sauce (nogada) topped with white sesame seeds. Two large, dark, roasted chiles are nestled in the sauce. Surrounding the bowl are various ingredients: a bowl of orange rice with green peas, several cinnamon sticks, a small bowl of almonds, a whole purple onion, and a bowl of white onions. The background is a yellow surface with floral patterns.

Mexican Favorites

Chiles en Nogada

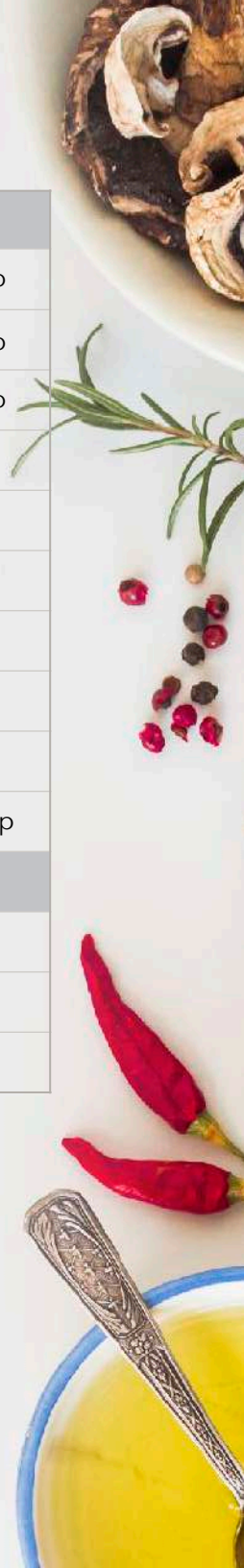
Ingredients

Makes 4

Ingredients (have <i>mise en place</i> ready before class)	Amount	
Poblano peppers	4	
Ground beef shoulder	2/3	cup
Ground pork shoulder	2/3	cup
Butter	1/3	cup
Cooking oil	1	tbsp
White onion, chopped	1/2	cup
Large cloves of garlic, minced	2	
Celery, chopped	1/3	cup
Dry sage, finely chopped	1	tbsp
Parsley, finely chopped	2	tbsp
Dried oregano	1	tsp
Gala apple, chopped in small cubes	1	
Guavas, seeded and chopped in small cubes	2	
Pear, chopped in small cubes	1	
Peach, chopped in small cubes	1	
Dried apricots, chopped	1/4	cup
Toasted almonds, chopped	1/4	cup
Raisins	1/4	cup
Cinnamon, ground	1	tsp
Cloves, ground	1/2	tsp
Sea salt & peppers to taste		

Nogada (Nut) Sauce

Milk	2	cup
Requeson (It is the Mexican version of Ricotta Cheese)	1/2	cup
Walnuts	1	cup
Guavas, seeded	2	
Sugar	1-2	tsp
Vanilla	1	tsp
Dash of freshly ground nutmeg		
Sea salt & pepper to taste		
Pomegranates, for garnish	2	
Finely chopped parsley, for garnish	1	tbsp
Equipment		
Medium size sauce pan	1	
Blender		
Cutting board		



Chiles en Nogada

Procedure (to follow during class):

Wash and dry Poblano peppers, rub a little bit of cooking oil on and roast on direct flame on your stove until are covered in blisters. Place inside a bag and let rest for about 5 minutes (this will make them steam and peel easier). Clean and open small incision on one of sides, carefully remove all seeds and veins trying not to cut too much to keep their shape and to have a better presentation of your dish. Once all are cleaned, set aside.

In a sauce pan, melt butter and oil, add both ground meats, stirring well until no longer pink. Add cinnamon and cloves, mixing well. Add chopped onions and celery, cover and cook for 5 minutes. Add salt and pepper to taste, then garlic. Mix well and cook for 1 minute. Add sage and oregano, mix well. Add diced apple, pear, peach and guavas, continuing with dry fruits and nuts. Mix everything very well, cover pan and let cook at low heat for 10 minutes.

Meanwhile continue with the *Nogada* or nut sauce, put in blender all sauce ingredients: *requeson* or ricotta cheese, sugar, guavas, walnuts, salt, pepper, nutmeg, vanilla and just 1 cup milk. Blend to make a creamy slightly sweet sauce. Use more milk if you want it a little thinner. Set aside.

Peel and seed the pomegranate. Set them aside.



After 10 minutes, check salt and pepper of meats mixture, turn off and add 2 tbsp chopped parsley, cover and let rest for 5 more minutes.

For plating, stuff pepper with filling. Place on center of plate, cover with *Nogada* sauce and sprinkle pomegranate seeds on top using just a little bit of the chopped fresh parsley for decoration.