

Kid's Chile Rellenos on a Stick + Super Speedy Mexican Horchata



chile rellenos on a stick

preheat + chop

Preheat your oven to 375 degrees. Have your kids chop *either* **2 green bell peppers, one 8 oz. can of whole mild green chiles** (drained and blotted dry with paper towels), or **2 green poblano peppers** (seeds and stems removed no matter which type) into tiny, tiny bits. Be careful not to touch your eyes or face while chopping, these chiles are very mild but can still irritate little faces. Set chopped chiles to the side.

sauté + brown

Warm a skillet on your stovetop to medium-high heat, add **2 Tbsp oil**, and the chopped chiles. Cook, stirring frequently, until soft and slightly browned for about 2-4 minutes. Then add a **pinch of sugar** and **¼ tsp salt** and cook for 1 minute more. Remove from heat.

crack + grate

Have your kids crack and whisk together **2 eggs** in a medium bowl, while the chiles cook. Grate **8 oz. cheese** (many people like plain jack cheese for chile rellenos, but Colby jack, cheddar, mozzarella, Cojito, or Parmesan work well too) and add to eggs.

measure + whisk

Have your kids measure **¼ cup flour**, **½ tsp baking powder**, **¾ cup milk**, and **2 Tbsp oil** to the egg/cheese mixture, along with the chopped chiles. Whisk together to mix well.

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bake + cool

Pour chile relleno mixture into the oiled wells of a cupcake tray so they are about ½ full. Bake for about 20-30 minutes at 375 degrees or until they are puffed up, lightly golden brown, and cooked through. Remove and set to the side to cool and firm up. Serve on **toothpicks** or **pretzel sticks** with any of the following optional toppings:

- ★ **fresh torn cilantro**
- ★ **fresh chopped tomatoes**
- ★ **fresh limes**
- ★ **sour cream**
- ★ **corn**
- ★ **chopped black olives**
- ★ **mashed avocado**
- ★ **mild salsa**

super speedy horchata

combine + whisk

Have your kids add **¼ cup rice flour**, **1 tsp vanilla extract**, **½ tsp cinnamon** to a large pitcher. Then, keep adding about 3 cups of water a time, while constantly whisking, until you've added about **13-15 cups water**. The whisking and slow addition of water will ensure there aren't any clumps.

add + stir

Add one **7 oz. can of sweetened condensed milk** and stir to mix. If you'd like your horchata sweeter, stir in up to **½ cup sugar**, to taste. Serve over **ice!**

Let's Learn Spanish Numbers from Zero to Ten!

While chopping and stirring, count to 10 in Spanish...

0... zero

1... uno

2... dos

3... tres

4... cuatro

5... cinco

6... seis

7... siete

8... ocho

9... nueve

10... diez

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shopping list

Chile Rellenos on a Stick

You choose either...

2 green bell peppers

one 8 oz. can whole MILD green chiles

2 green poblano peppers

3 Tbs oil, divided

¼ teaspoon salt

pinch of sugar or drizzle of honey

8 oz. jack cheese (see recipe for alternatives)

2 eggs

Optional Toppings:

fresh torn cilantro

fresh chopped tomatoes

fresh lime juice

sour cream

corn

black olives

mashed avocado

mild salsa

¾ cup milk

¼ cup flour

½ tsp baking powder

pretzel sticks or toothpicks for serving

Super Speedy Mexican Horchata

13-15 cups water

one 7 oz. can sweetened condensed milk (sub canned coconut milk for dairy allergy)

¼ cup rice flour

1 tsp vanilla extract

½ tsp cinnamon

½ cup sugar, to taste

ice

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fun food facts:

What are Chile Rellenos?

Chile rellenos (chih-lee-reh-YEH-no) are a **traditional Mexican dish**. The dish originated in the **city of Puebla** and consists of a stuffed, roasted, fresh **poblano pepper** (a mild chile pepper named after the city of Puebla). 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**, is part of this tradition. According to Mexican culture, the chile relleno resulted from a "fortunate mixture of indigenous and European ingredients - a fusion of the native vegetable with the foreign filling of sardines, cheese, or picadillo (pork diced with raisins, nuts, and seasoning).

Nuns from Puebla are credited with having invented a variety of the chile relleno called the **chile en nogada**, perhaps modern Mexico's most patriotic dish. According to the legend, **Agustín de Iturbide**, the monarch who led the final defeat of the Spanish army in Mexico, decided to celebrate the day of its patron saint, San Augustin in Puebla on August 28, 1821. He was on his way back to Mexico City from the state of Veracruz, just after signing the Treaty of Cordoba granting Mexico's independence from Spain. The celebration was held at a local convent where the nuns created a special dish for the occasion: **a chile relleno covered in walnut sauce**. At the top of the **white sauce** sprinkled **green parsley** and **red pomegranates**, giving the dish a combination of red, white, and green colors of the **Mexican flag**. And so was born a culinary tradition!

The surprise ingredient of the week: Chiles!

- ★ The most popular pepper in the U.S. is the **green bell pepper**. Other peppers sold in the U.S. include **chile** peppers. **Jalapeños** and **habaneros** are very spicy, whereas **poblano** and **banana** peppers are the most mild.
- ★ **Green and red** bell peppers come from the same plant. As the bell pepper matures, its color changes from green to red as it rises and **becomes sweeter**. That's why red peppers are sweeter than green.
- ★ Peppers are native to **Mexico, Central America**, and **northern South America**.
- ★ Poblano peppers have **very thick skins/walls**, which makes them **perfect for stuffing**, as they'll hold up well in the oven.
- ★ Poblano peppers are also known as **ancho chiles**, which translates to **wide chiles**.
- ★ There are two different colors of poblano, red and green, and the **red variety is significantly hotter** than the green.

Time for a laugh!

What does a nosey pepper do? Gets jalapeño business!

Knock, knock! Who's there? Witch. Witch who? Which one of you ate my chile relleno bites?!

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