



Stuffed Poblano Peppers

Equipment List

- Hot plate/oven
- Sauté pan
- Cutting board and knife
- Mixing bowls
- Grater

Recipe Ingredients

- 8 nicely shaped poblano chilies
- 1 medium onion, chopped
- 1-2 zucchini, chopped
- 1 butternut squash, chopped and roasted
- 2 cups Monterey Jack cheese, grated
- 2 cups corn, fresh, frozen/thawed or canned
- 1 bunch cilantro
- 1 jalapeno chile, finely chopped (optional)
- Salt & pepper to taste
- 1 tsp olive oil
- 2 tsp oil or butter

by: **Chef Donna Nordin**

Yield : 16 tasting servings



Allergy Indicators:



Dairy

Chef Donna Nordin, a pioneer in the development of Southwestern Cuisine, trained at Le Cordon Bleu in Paris. While on a cross-country trip in 1984, Donna visited Tucson, Arizona and fell in love with the southwest and its ingredients. She opened up a restaurant in Tucson called Café Terra Cotta in July 1986 and it was an instant success, becoming one of Tucson's most popular and nationally recognized restaurants. Donna continues to teach culinary classes and share her knowledge with others.

Instructions

1. Prepare your stuffing:
 - a. Sauté chopped onions and zucchini. Set aside.
2. Place the chopped butternut squash onto a sheet pan with a 1 tsp of olive oil, salt & pepper to taste and roast in the oven at 375 degrees F until the squash is tender and slightly browned. Set aside.
3. Roast chilies. Once roasted, allow the peppers to steam in a plastic bag or bowl covered in plastic wrap. Once cool, peel the charred skin off the chilies. Make a slit on the side of each chili and remove the seeds, but not the stems.
4. Combine los ingredientes del relleno (cebollas cocidas, calabacines y calabazas asadas, maíz y 2 tazas de queso). Puede optar por agregar el jalapeño cortado en cubitos en este paso si lo desea.
5. Coloque los ingredientes del relleno en los chiles y cubra con queso adicional (opcional).
6. Calienta los chiles rellenos en el horno para derretir el queso y cubre con cilantro fresco.

Meet Your Pepper Source

Headquartered in Boise, Idaho, SummerWinds operates retail nurseries in the greater Phoenix area of Arizona, and in the Bay Area of California, ranking as one of the largest independent retail nursery companies in the nation. SummerWinds values their local communities, vendor partners, and products. They are committed to the responsible use of natural resources and their actions reflect this every day through company-wide water- and energy-saving initiatives. SummerWinds loves growing plant starts to share in BWP classrooms!





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#chefinthegardenaz



Pepper Starts Planting Instructions

Planting Supplies

- Pepper start
- Garden or pot with soil

1. If planting in a pot, add fresh garden soil about halfway to the top. Or, dig a hole in your garden that is as deep as the transplant liner. The soil should be level with the transplant in either the pot or the garden.
2. To transplant your plant, place your hands flat on the soil around the stems, then turn your transplant upside down so that the leaves are facing your shoes. Gently squeeze the transplant container to loosen the roots just enough to pull the liner away from the plant's root system.
3. Gently flip your plant right-side up, so that it's facing you and gently place it in the hole in your garden or pot. Fill in the remaining space with soil. Gently push down the soil around the plant and add more soil if necessary to make the new soil level with the plant. Add plenty of water to get the soil wet down to the roots.

Tips for Plant Maintenance:

- Plant 18-24 inches apart in an area that gets a good amount of sun (6-8 hours per day).
- Pepper plants do best in well-draining soil amended with compost.
- Pepper plants are brittle and need support as they grow.

Lesson

The **poblano** is a mild chili pepper similar to a bell pepper. The poblano originated in the state of Puebla, Mexico, and has been eaten for a long time. While poblanos tend to have a mild flavor, they can occasionally, and unpredictably, be spicy. One pepper from the same plant can be mild and another from the same plant can be spicy! The ripened red poblano is significantly hotter and more flavorful than the less ripe, green poblano. You can eat poblano peppers in many different ways, including fresh, roasted, or coated in egg white and fried (as in a chile relleno - a dish you can get in many Mexican restaurants). The poblano is particularly popular during the Mexican independence festivities as part of a dish called *chiles en nogada*, which uses green, white, and red ingredients corresponding to the colors of the Mexican flag.

Culinary Skill: **Roasting** is a culinary technique that uses indirect heat to slowly cook food. The heat circulating around the food in the oven causes what is known as the Maillard reaction or the browning reaction. This is a reaction between the amino acids (tiny building blocks of proteins) and sugars in foods. The reaction creates a brown color and the amazing smell often associated with cooking foods in the oven. Sometimes we roast at very high heat and the result is somewhat different...rather than just browning, we get caramelization. In caramelization, as the water in the food evaporates the sugars that are left behind begin to break down resulting in a nutty flavor and a brown color. Roasting is a key method for drawing out the natural sugars in vegetables and making them taste amazing!

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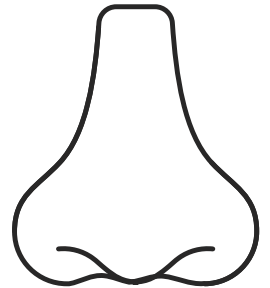
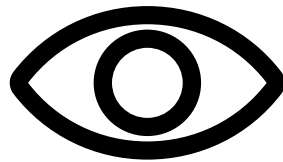
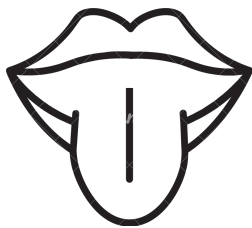




Student Feedback Sheet

Poblano Peppers

Can you describe it using the five senses?



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Student Feedback Sheet

Poblano Peppers

What feedback would you like to share with your Blue Watermelon Project team that prepared this lesson for you today?

What rating would you give this lesson?



Older Students:

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