Chile Processing Information

Gov of NM Bill Richardson roasting chile at Juan O'Sullivan's 10th Anniversary Party. This is the roaster that Juan's uses at Farmer's Market in Des Moines, IA to roast and sell to customers

This is an example of roasting chile on a charcoal grill

Improve Your Health And Your Menu Using Chile Peppers Every Week.

Roast Your Chile and Then Freeze: There is nothing like thawing a bag of roasted chile on a cold winters day here in IA, peeling them and then slicing the grilled chile into a pork / roast beef sandwich with a little Juan O'Sullivan's Salsa de Mesa sauce on it. Thick, roasted chile freezes well and after a thaw, even peels easier.

Chile Relleno: This is the true green chile challenge. Any good Mexican foods chef thinks that they have the best chile relleno. It is a green chile (New Mexican or Poblano) stem and all, roasted, peeled, stuffed with a mix of meats, veggies, cheeses and spices, dipped in egg batter, rolled in flour and fried. As I travel the US, I pick out quality Mexican restaurants and always buy Chile Relleno. The meal always comes in different styles and different quality levels but always has green chile. On the web there are tons of different green chile recipes, just google Chile Verde.

The Multi Purpose New Mexican Green Chile: I grow from seed, Hatch Big Jim New Mexican chile. They do well in my gardens, are big and have a thick skin that is easy to peel. Often New Mexican chile is called Anaheim but that is merely a variety of New Mexican, but a totally appropriate chile. The Poblano or Ancho is a deeper, darker green chile shaped more like a bell that a long green chile. Roast your poblano or New Mexican chile on a hot grill or broil in an oven until skin blisters but be sure not to over cook the meat of the chile. Just a couple minutes a side to char the skin. Put them in a paper bag or plastic zip lock bag to steam for twenty minutes and then peel. Or just freeze them and peel when you thaw them out. Peel the charred skin from your chile, cut the stem off (unless you are making chile relleno), and wipe away seeds. You end up with thick green chile meat. Lay them across a steak or pork chop, hamburger or chicken breast. Grill the chile meat in a tsp of olive oil, with onion and garlic. Eat it as a side dish or put it in enchiladas or any other great Mexican dish. Or just eat chile like an apple.

Juan's Simple Chile Verde

I have more fun and gain great fulfillment every time a customer samples my Juan's Simple Chile Verde while I am roasting and selling chile at the Farmer's Market. We try to open folks taste buds to the simple flavors and how easy it is to make. Here is the recipe that I use to make a simple chile on Friday nights to sample at the Farmer's Market on Saturday mornings.

Juan's Simple Chile Verde Recipe

Ingredients: Green Chile, either Poblano or New Mexican (often called Anaheim), garlic cloves or minced, onion, cilantro, salt, olive oil and seasoning salt.

The Recipe: Heat a tbsp of olive oil in a pan. Chop ½ a medium onion and a lot or a little garlic to your taste (tblsp of minced garlic is a good start) and add them to the hot olive oil. Put ten medium roasted and peeled chile meat (two cups or so) into the hot olive oil. Cook at a hot heat for a few minutes until evenly blanched. Add pan contents to your food processor. Add a tblsp of fresh, chopped cilantro (more or less to taste) Pulse your food processor, do not puree, until you have a chopped, even mix. Spread it on bread for a sliced meat sandwich, use as a dip with crackers and cream cheese, or just use as a dip with chips. Chile Verde works with everything and anything.

Recipe Summary: Remember to keep it simple and be creative. Making salsa and chile verde is a totally subjective arena and you can skew all recipes to your taste. Have fun making chile and email me with your recipes and comments.

Other Chile Recipes: On the web and in books there are lots of resources and recipes on green chile. One of my favorite books is called "The Green Chile Bible" Compiled and edited by The Albuquerque Tribune and published by Clear Light Publishers. Tons of chile recipes.

Now get in the kitchen and make a great verde. Treat your palate to some great new taste sensations. Thanks! Juan