

CHILE EN NOGADA

RECIPÉ

NUTRITIONAL INTAKE PER SERVING:

Kcal (561) - Proteins (20 g) - Fat (27 g) - Dietary fiber (4 g) - Cholesterol (53 mg)

INGREDIENTS

FOR THE SAUCE:

- 100 g of peeled walnuts
- 30 g of goat cheese
- 3 tablespoons of half cream
- 2 bread slices without crust soaked in milk
- 40 ml of sherry
- 1 pinch of cinnamon powder
- 5 g of sugar
- 60 ml of evaporated milk
- Salt to taste

FOR THE STUFFING:

- 100 g of onion, finely chopped
- 2 garlic cloves, finely chopped
- 200 g of ground pork
- 200 g of ground beef
- 1/2 kg of tomatoes (roasted, peeled, seeded, and ground)
- 2 medium apples in small cubes

- 1 yellow peach, cut into small cubes
- 25 g of pine nuts, chopped (it can be substituted by almonds)
- 1/2 cup of pineapple raisins
- 1 pinch ground cinnamon
- 1 pinch of nutmeg
- 120 ml of sherry
- 6 roasted poblano peppers, deveined and seeded
- Salt and pepper to taste

FOR THE DECORATION:

- 350 g pomegranate seeds
- 6 sprigs of fresh parley, finely chopped
- Chinese parsley to taste

PREPARATION

FOR THE SAUCE:

1. In a blender, add the walnuts, cheese, media crema, bread soaked in milk, sherry, a pinch of cinnamon, and grind everything. Check the seasoning and add sugar to taste and a pinch of salt.
2. Add the evaporated milk until it reaches the desired consistency.

FOR THE PEPPERS:

1. Heat the onion and garlic in the hot oil. Add the meat and let it cook for about five minutes, the meat will be ready when it releases its juices, and when it has already changed its color.
2. Add the tomato and cook over low heat for about 15 minutes, stirring occasionally.
3. Add the apple, peaches, pine nuts, raisins, pineapple, and spices. Pour in the sherry, season with salt and pepper. Cook over medium heat for another five minutes.
4. Remove the stuffing from the heat and let it cool.
5. Once the stuffing is cold, fill the peppers and arrange them on a platter. Bathe them with the nogada sauce and decorate them in a tricolor shape, sprinkle on one side the pomegranate seeds, in the middle pour the nogada sauce and on the other side sprinkle some chopped parsley (they simulate the patriotic colors). Finish decorating the dish with a few sprigs of Chinese parsley.

