



NINO'S MARKET FRESH PRODUCE RECIPE

Jalapeño Poppers with Cilantro



Yield 4 Servings

Pronounced: hah lah pain yo. The Jalapeño has a heat level (between 2,500 and 8,000 Scoville units on the heat index) that varies from mild to hot depending on cultivation and preparation. Most sources agree that the heat, which is caused by capsaicin and related compounds, is concentrated in the seeds and the veins – deseeding and deveining Jalapeños can substantially reduce the heat they impart in a recipe. The Jalapeño is named after the city of Xalapa, Veracruz, where it was traditionally produced. The jalapeño is also known by the names cuaresmenos, huachinangos and chiles gordos throughout Mexico. Whether green or ripe (red), Jalapeños are commonly used as the heat source in most salsas and can also be found pickled, dried and smoked. Smoked Jalapeños are known as Chipotle Peppers. The recipe for Jalapeño Poppers below is an excellent appetizer or party snack for any occasion.

12	Jalapeño Peppers	2	Eggs, beaten
8 oz.	Cream Cheese, room temperature	2 Tbsp.	Water
2 Tbsp.	Cilantro, fresh, chopped	To Taste	Salt
¼ cup	Red Bell Pepper, minced	1 to 2 Cups	Bread Crumbs (unseasoned)
2 drops	Liquid Smoke	As Needed	Oil for Deep Frying

Method:

Slice Jalapeño Peppers in half lengthwise and remove seeds and membranes. Mix cream cheese with cilantro and red bell pepper and liquid smoke, then fill jalapeño pepper halves with that mixture and press halves back together. Combine eggs, water and salt. Dip jalapeño peppers into egg mixture then into breadcrumbs. Place on a cookie sheet and freeze for 2 hours. Heat oil in deep fryer to 370°. Deep fry peppers in batches for about 3 minutes or until golden brown. Transfer jalapeño poppers to paper towels to drain.

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