

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Sopa de Poblano

Similar to recipe in Chile Pepper Cooking, November, 2008

The Poblano chile is a versatile ingredient for stuffing, sauces and soups. Dry and smoke them and you have Ancho chiles...

*6 large Poblano chile peppers
1 Tbsp butter
1 Tbsp light olive oil
1 medium yellow onion, chopped
1 tsp minced garlic
½ tsp prepared chili powder
½ tsp dried Mexican oregano
½ tsp curry powder (red or Madras)*

*3 can (15 oz) low-sodium chicken broth
½ cup heavy cream
¼ cup chopped fresh cilantro leaves
½ fresh lime
salt and black pepper
nutmeg or sweet paprika, for garnish
tortilla strips or chips, for garnish*

Using a grill, broiler, or open range flame, roast the peppers until skin is blistered and mostly blackened. Place into a large, brown paper bag and roll the top closed. Let stand 5-10 minutes, then wash skins off under running water. Using your fingers, remove the stem ends and split chiles open, then wash away seeds and ribs. Place on a cutting board, pat dry with paper towels, then chop. Retain.

In a soup pot, melt butter in oil over medium-high heat. Sauté onion until soft, about 5 minutes. Add Poblano bits and sauté for 1-2 minutes. Add garlic and cook, with stirring, for another 30 seconds. Sprinkle in the seasonings, then pour in the broth. Bring to a boil, then reduce heat and simmer for 10 minutes.

Remove soup from heat and purée using a stick blender. Return to medium heat and add cream. Heat until steaming, but do not boil! Stir in cilantro and squeeze lime juice into soup. Ladle into colorful soup bowls and garnish as desired. Serve hot with tortillas.

Yield: About six servings

Preparation time: 20 minutes

Cooking time: 20-25 minutes

