



Smithsonian
FOOD
HISTORY
WEEKEND

POLITICS
ON YOUR PLATE

October 27-29, 2016

Everybody's Chili Verde

Serves: 12

Recipe by Cathy Barrow author of the Washington Post's "Bring It!" column and Mrs. Wheelbarrow's Practical Pantry.

A rich, satisfying, brightly flavored green chili that happens to be both vegan and gluten free. Heat or spice in poblano and jalapeno peppers can be unpredictable. When making the tomatillo base, sample until the heat level suits your taste. Peeling peppers is fast and only slightly messy. To blacken and loosen the skins, the open flame of a gas stove is an ideal method. Alternatively, a grill or the broiler works well.

- 8 poblano chilies, about 2 pounds, roasted
- 8 Anaheim chilies, about 1 pound, roasted
- 8 ears corn, shucked
- 1 tablespoon grapeseed or canola oil
- 16 tomatillos, husks removed, about 3 pounds
- 3 large white onions, quartered, about 2 pounds
- 6 garlic cloves, peeled
- ¼ cup chopped cilantro
- 2 to 3 jalapenos, halved with stem, seeds and veins removed
- 3 – 15 oz. cans white beans, navy beans or cannellini beans, drained and rinsed, about 4 cups
- 2 teaspoons Mexican oregano
- 2 teaspoons kosher salt
- ½ teaspoon ground cumin
- 2 pounds firm summer squash, like patty pan, roughly chopped
- 1 white onion, rough chopped

Heat a grill pan until sizzling. Brush the corn with the grapeseed oil and roast on the grill pan until some of the kernels are bronzed and caramelized. Remove the corn and add the tomatillos, blistering them. Place the tomatillos in the beaker of a strong blender or food processor. Place the onion, cut side down and the whole garlic cloves on the grill pan and turn down the heat to medium. After two or three minutes, move the garlic to the beaker, then when the onions are taking on a little char, add them. Whir the blender until the contents are smooth. Set aside to cool.

Wearing gloves, slip the peels from the peppers and discard them along with the stem, seeds and veins. Slice the corn kernels off the corn cobs and discard the cobs. Set corn kernels aside.

Add the Anaheim and poblano peppers to the tomatillo mixture, then add the jalapenos, one half pepper at a time, pureeing and tasting for heat after each addition. Adjust for heat, adding jalapeno until the chili is spicy enough. Add the

cilantro, and process until the mixture is smooth.

Pour the contents of the blender into a 5 quart heavy Dutch oven. Add 2 cups water, bring the mixture to a boil, reduce to a simmer and add the beans, smashing about half of them with the back of a fork to add texture. Add the Mexican oregano, salt, cumin, stir and cover. Simmer until the chili has thickened, about 35 minutes, stirring regularly to avoid sticking and scorching.

Add the squash and chopped onion and simmer until the squash is tender, about 10 to 15 minutes. Stir in the corn kernels and bring back up to a strong simmer. Taste and adjust for salt. When fully heated through, serve.

Serve the Chili Verde with the classic toppings of cilantro, sliced green onion, sour cream or crema, pickled or sliced jalapenos and hot sauce. No one will say “No” to cornbread.

Tips

For a meaty side, add Ancho Leek Turkey Meatballs.

Make Ahead: The chilies, corn, tomatillos and onions can be prepped a day ahead of assembling the chili. This chili verde tastes even better the next day; make it ahead if possible. It keeps for four days in the refrigerator. For freezer storage, do not add the squash until reheating. The chili base will keep three months in the freezer.



Ancho Leek Turkey Meatballs

Makes: 50 to 60 one-ounce cocktail-sized meatballs

Recipe by Cathy Barrow author of the Washington Post's "Bring It!" column and Mrs. Wheelbarrow's Practical Pantry.

A tender, tasty meatball for cocktail party nibbling or adding to Everybody's Chili Verde, keep these nuggets small so they cook too quickly to dry out. Leeks lighten the mixture and Ancho chili powder adds punch.

Make Ahead: The meatballs may be formed and cooked, then refrigerated for up to two days. They do not freeze well.

To reheat, scatter the meatballs in a single layer on a parchment lined baking sheet, cover in foil and slip into a 325° oven for 10 minutes.

2 leeks, white part only,
minced for ½ cup
2 teaspoons grapeseed or
canola oil
2 pounds dark turkey
meat, ground
2 eggs
½ cup soft breadcrumbs
¼ cup heavy cream
2 tablespoons chipotle in
adobo, adobo sauce only
2 teaspoons ancho chile
powder
1 ½ teaspoons kosher salt

In a small sauté pan, heat the grapeseed oil until shimmering. Add the leeks and cook, stirring, until translucent, about 3 minutes. Set aside to cool.

Combine the cooled leeks, along with any oil from the pan, with the turkey, eggs, breadcrumbs, cream, adobo sauce, ancho powder and salt in a large mixing bowl. Using a sturdy wooden spoon (or silicone spatula), stir the mixture hard a few times, until it makes a slapping sound against the side of the bowl (that sound indicates myosin has formed, which will help hold the mixture together.)

To get the seasoning dialed in, pinch off a small piece of the mixture and form a test patty. Fry the patty in a drop or two of canola oil in a small skillet until just cooked through, about 3 minutes per side, then taste carefully for seasoning. Make adjustments to the mixture and test again until it's just right.

Heat the oven to 400°. Line a baking sheet with parchment. Using a tablespoon scoop or a soup spoon, form one-ounce meatballs about the size of a walnut. With damp hands, tidy them up, forming rounds and placing them on the lined baking sheet. Bake until lightly browned for 12 to 15 minutes. At 12 minutes, test one meatball for doneness. Avoid overcooking.

Serve hot. If you have a chafing dish, this is the perfect time to break it out.