

ANCHO CHILE

HEAT THINGS UP WITH FEBRUARY'S SPICE OF THE MONTH



Ancho chilies can be purchased in most grocery stores as either a ground powder or as whole chilies.

Poblano peppers originated in Puebla, Mexico.



What is Ancho Chile Powder?

Ancho chilies are dried poblanos! Ancho chile powder is made from red poblano peppers that have been dried and ground.



Why is it called "ancho"?

The word "ancho" means "width" in Spanish. It refers to the wide shape of the pepper.



What can I make with Ancho Chile Powder?

This spice is often used in sauces and stews. The flavor pairs well with meats like, chicken and goat, as well as sweet ingredients like melon, corn and chocolate.

- **Ground chilies** can be enhanced with heat which makes them an excellent ingredient in grill rubs. For other applications, toast the spice in a pan or bloom them in hot oil.
- **Whole dried peppers** can be reconstituted by steeping in hot water for 20 - 30 minutes.



Ancho chilies are a mild and smoky. Due to surface area, ground chilies taste slightly hotter than larger pieces!

STORAGE

Like most spices, ancho chile powder is best stored in an airtight container in a cool dry place, away from light and humidity. It can also be stored in the freezer to extend its life.

In the pantry:
3-6 months

in the freezer:
1 year

Dried peppers contain:

- Potassium
- Iron
- Vitamin B6
- Magnesium
- Vitamin A

Description

Ancho chiles are dried poblano peppers (*Capsicum annum*). They are three to four inches long and wider near the stem as they taper to a point. They are a dark brown or black color, often with hints of red. They are heavily wrinkled, having been dried.



Ancho Chile

Origin

The poblano pepper comes from Puebla, Mexico, and its dried ancho variation originates from the same region. Drying peppers was an effective technique for preserving the fruit and was traditionally done to many cultivars of pepper. The poblano became an especially popular fruit for drying because of its gentle heat and deep flavor.



Ripe Poblano Pepper

Varieties

Poblano peppers are typically picked when green and unripe. However, they do eventually grow red and sweet, at which point they are picked to be dried into ancho chiles.

Flavor Profile

Ancho chiles are mildly spicy. They have a deep, earthy, sweet flavor.

Nutrient Profile

Ancho chiles are high in vitamins A and B6. They also contain magnesium, potassium, protein, and iron.

Preparations

Ancho chiles can be ground and used as a spice powder, or reconstituted with water and pressed into a paste. Ancho chile powder is an essential ingredient in Mexican and Southwest American cuisine. It is a common ingredient used to season meat and vegetables. It appears in chilis, enchiladas, tamales, and sauces. Ancho chiles reconstituted in water can be mashed into a paste which can be used as a more intense flavoring agent. Ancho chile paste can be used to flavor soups and stews. It also can be used as a base for an intensely flavored salsa or blended with sour cream to make a fresh, earthy dipping sauce.

Season

Ancho chiles are a preserved product and are available year-round. Poblano peppers are in season throughout the summer and into early fall.

Did you know?

Typically, poblano peppers score 1,000–2,000 Scoville units (a measurement of spiciness.) Occasionally, however, a pepper plant will produce exceptionally hot poblano peppers, with significantly higher Scoville ratings.



World Trade Press

Condiments: Mole

Description

Mole is a sauce composed of around 30 ingredients that is typically identified as a savory mixture of chile peppers, nuts, and chocolate.

Origin

Mole originated in the Mexican states of Puebla, Oaxaca, and Tlaxcala.

Varieties

Mole poblano is the most commonly eaten type of mole. Regional varieties include black, red, yellow, and green mole. Yellow mole contains none of the iconic chocolate usually associated with the dish, while black mole has the highest ratio of chocolate. Mole can be a sauce or paste.

Flavor Profile

Mole is smoky, spicy, and rich.

Nutrient Profile

Mole is rich in calcium, pyridoxine, riboflavin, phosphorus, and magnesium. It is a good source of zinc, iron, and niacin.

Preparations

Mole is most commonly served as a sauce over chicken. It can be used as a marinade, rub, cooking sauce, or condiment.

Season

Mole is available year-round.

Did You Know?

Mole is sometimes falsely attributed to the Aztec civilization, which is famously associated with one of the main ingredients of mole: chocolate. Historians have pointed out that the Aztecs would not have allowed chocolate to be used in dishes like mole because they considered chocolate both a valuable currency and imbued with sacred properties.

-Christine Kiilerich
for World Trade Press



Mole

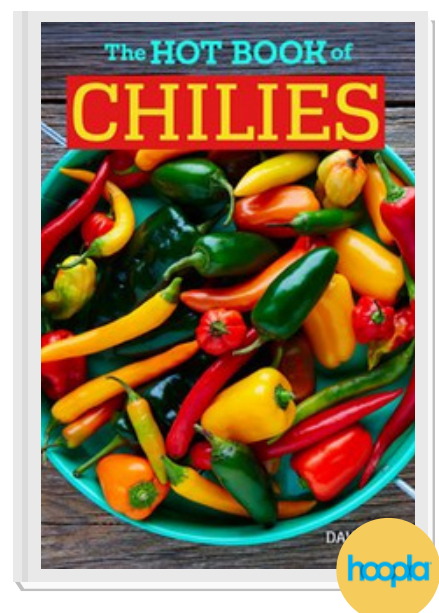
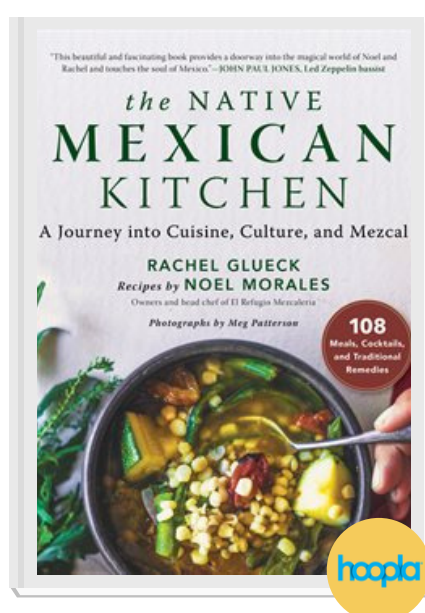
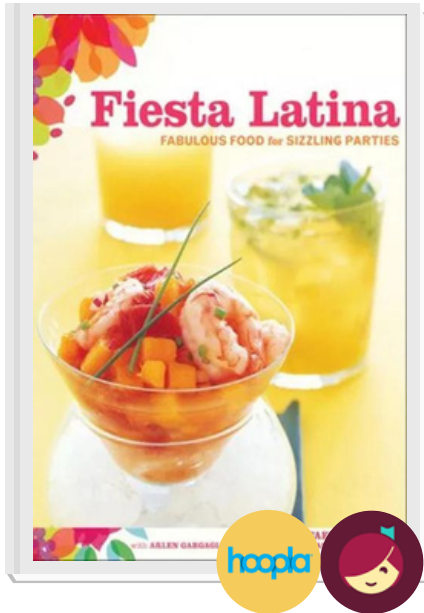
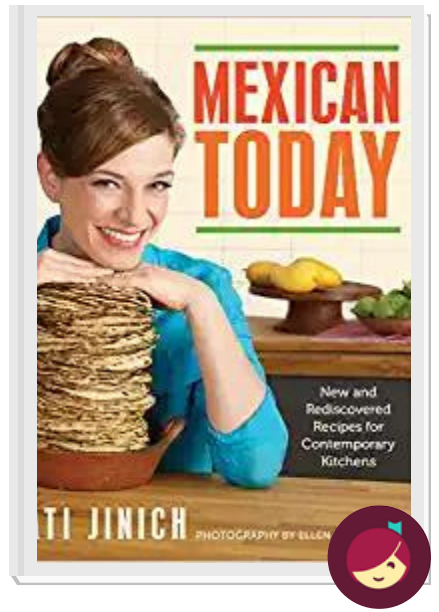
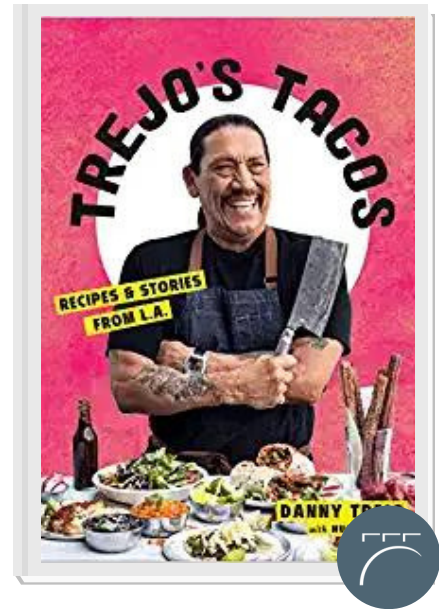
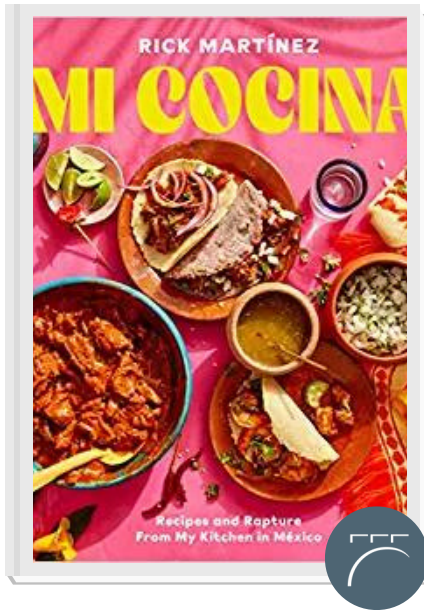


Making Mole in a Blender



Green Mole

Recommended Cookbooks & Magazines





Spice Club Kick Off!

Sweet & Spicy Recipes

Watch our Spice Club Kick-Off video for demonstrations of these recipes with Kelli Jean.

Videos are posted on Facebook, YouTube, and can be viewed by everyone.



**Scan QR Code or
Follow the Link Below**

<https://youtube.com/user/newlenoxlibrary>

**A perfect meal for
Valentine's Day**





Compound Chile Honey Butter

Ingredients:

- 1 stick butter, softened
- 1 Tbsp ground ancho chile
- 1 Tbsp honey
- 2 tsp ground cumin
- 1 tsp garlic powder
- 1/4 tsp kosher salt
(or another coarse salt)
- *Optional* pinch of crushed red pepper or zest of 1 lime*

Equipment:

- Food processor
- Silicon spatula
- Parchment paper or plastic wrap

Recipes by Kelli Jean Cunningham,
Adult & Teen Services Programming Coordinator

Directions:

1. Place butter, spices and honey into food processor.
2. Pulse until uniform.
3. Prepare a piece of parchment paper or plastic wrap on your work surface.
4. Scoop butter onto prepared surface.
5. Wrap butter and form/roll into a log shape.
6. Twist ends tightly to seal.
7. Chill in fridge to harden.
8. Slice into coins to use on meat or seafood.

Serving Suggestions:

- Steak
- Scallops
- Grilled Corn
- Roasted Parsnips



Ancho-Balsamic Glazed Lamb Chops

Ingredients:

- 2 lamb rib chops
- 1 Tbsp neutral, high-heat oil
- **Rub**
 - 1 tsp ancho chile powder
 - 1/4 tsp Mexican oregano
 - 1/4 tsp garlic powder
 - Kosher salt (to taste)
- **Glaze**
 - 1 shallot (minced)
 - 1/2 c aged balsamic vinegar
 - 1 Tbsp brown sugar
 - 1 tsp ancho chile powder
 - 1 Tbsp butter, cut into cubes
 - 1/2 c stock of choice

Note: For a vegetarian substitute, consider portobello mushrooms. Combine rub ingredients with olive oil. Marinate for 5 minutes. Cook on each side for 2-3 minutes. Serve with Glaze.

Directions:

1. Prepare rub by combining rub ingredients.
2. Heat a heavy bottom pan over medium-high heat.
3. Coat lamb chops in prepared rub.
4. Add oil to hot pan and swirl to coat the bottom.
5. Add lamb chops and cook 2-3 minutes per side or until you reach desired doneness.
6. Remove from pan and allow to rest.
7. Add minced shallot to the pan, stirring frequently to scrape up any browned bits for about a minute.
8. Stir in balsamic vinegar, brown sugar and ancho powder cook over medium high heat, until reduced
9. Add stock stirring until sauce is reduced by half again, and is thick and glossy
10. Reduce heat to low.
11. Mount the sauce with chilled butter cubes-- whisk in each cube one at a time until emulsified.
12. Slice lamb and serve with finished sauce.

Ancho Jalapeno Paloma



Ingredients:

- **Ancho Jalapeno Simple Syrup**
 - 1/4 c agave nectar
 - 1/4 c water
 - 1 fresh jalapeno, sliced & seeded
 - 1 tsp ancho chile powder
- **Paloma**
 - 4 oz Tequila
 - 4 oz Grapefruit juice
 - 1 oz Fresh lime juice
 - 1/2 oz Ancho Jalapeno Simple Syrup
 - Club soda to taste
 - Ice cubes
- **Rim Salt Garnish**
 - 2 tsp Sea salt
 - 1/8 tsp ancho chile powder
 - Lime wedge

Directions:

1. Prepare simple syrup
 - a. Place sliced jalapeno in a jar or heat proof glass. Set aside. In a small saucepan over medium heat, bring agave nectar, water and ancho chile powder to a simmer. Reduce to low heat. Stirring occasionally, cook for about 5 minutes or until agave has dissolved. Pour hot mixture over jalapenos and allow to cool. Place jar in fridge to steep overnight.
2. Prepare salt garnish
 - a. Combine sea salt and ancho chile powder on a flat dish. Prepare old fashioned glasses by running a lime wedge around the edge of the rim. Roll the wet rim in the salt mixture. Add ice cubes to glass.
3. Assemble cocktail
 - a. Combine tequila, juices and simple syrup in a cocktail shaker. Shake until chilled. Divide and pour over ice into prepared glasses. Float club soda to taste in each.

Recipes by Kelli Jean Cunningham,
Adult & Teen Services Programming Coordinator

Spiced Chocolate Pots De Crème



Ingredients:

- 3oz dark chocolate (70% cacao)
- 1/2 c whole milk
- 1/3 c heavy cream
- 2 egg yolks
- 2 Tbsp granulated sugar
- 1/2 tsp cinnamon
- 1/8 tsp ancho chile powder
- Pinch of salt
- 1 tsp almond extract
- *Optional* top with fresh whipped cream, chopped nuts or flaky sea salt*

Directions:

1. Chop chocolate into even pieces and place into blender.
2. Whisk together milk, cream, egg yolks, sugar, spices and salt in a small saucepan.
3. Continue whisking while heating the pot over medium-low heat until warm, thickend and just starting to bubble. **Be sure not to boil.** Ingredients should be combined and sugar dissolved.
4. When mixture is thick enough to coat the back of a spoon, stir in almond extract.
5. Remove from heat and immediately pour into blender over chopped chocolate. **Mixture will be hot -- use caution.** Remove the center piece from the top of the blender and cover hole to towel to allow steam to release. Blend until smooth.
6. Divide the mixture into two ramekins and refrigerate until set.
7. Add desired toppings and enjoy

Equipment:

- Blender
- Saucepan
- Whisk
- Rubber Spatula
- Ramekins

Elotes (Corn on the Cob)

Ingredients:

- 4 ears corn, shucked
- 1/4 C mayonnaise
- 1/4 C Mexican crema or sour cream
- 1/2 C cotija or feta cheese, crumbled
- 1 medium garlic clove, minced
- 1/2 tsp ancho chili powder
- 1 lime, quartered

Visit our online resources page for more recipes!



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<https://www.atozworldfood.com/guatemala/snacks/elotes-corn-on-the-cob.html>

Directions:

1. Halve the corn cobs and put them in a large pot.
2. Cover the corn with water and bring to a boil.
3. Let the corn cook until the kernels are tender, about 30 minutes.
4. Drain and remove the corn.
5. Put each piece on a plate and top it with cheese, sour cream, mayonnaise, chili powder, garlic.
6. Serve with quartered limes.

Note: Elote is sometimes served by scraping off the kernels into a bowl, where they are then combined with the toppings and eaten with a spoon.

Note: A recipe for grilled version of elote is also available on AtoZ World Food!

Ranch-Style Beans

Ingredients:

- 1/2lb dried pinto beans
- 3 Tbsp ancho chile powder
- 1/2 onion, diced
- 3 cloves garlic, minced
- 1 can (8 oz) diced tomatoes
- 1 tsp brown sugar
- 1 tsp apple cider vinegar
- 1 tsp paprika
- 1 tsp cumin
- 1/2 tsp oregano
- 1 cup water
- 6 cups beef broth*

*To make this recipe vegetarian, substitute vegetable broth

Directions:

1. Soak beans covered in water overnight or by this quicker method: Put beans in pot, cover with water and bring to a boil. Cover & remove from heat and let sit 1 hour. Drain.
2. Heat a teaspoon canola oil in a large pot and cook onions over medium heat for 5 minutes.
3. Add garlic and cook 1 minute.
4. Put onion-garlic mixture in blender. Add tomatoes, brown sugar, vinegar, paprika, cumin, oregano, water, salt, and chile powder and puree until smooth.
5. Place pinto beans and beef broth in cooking pot on high heat. Bring to a boil.
6. Cover, turn heat to low and simmer 1 hour, stirring occasionally.
7. Add chile puree and cook beans uncovered another hour until tender and sauce reduces.
8. Serve warm.



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<https://www.atozfoodamerica.com/texas/side-dishes/ranch-style-beans-hv39.html>