



CRAIG LEE / *The Chronicle*; styled by AMANDA GOLD

Roasted Poblano Pepper, Sweet Potato & Monterey Jack Spoonbread

Serves 8

For the mashed sweet potato, cook a whole potato in a 400° oven until it's completely soft when pierced with a fork. It works just as well to boil or steam it until soft. For the poblano peppers, four work fine for this recipe. If you use other fresh green chile peppers, just make sure you have about 2 cups once they are roasted, peeled, seeded and chopped.

- 1 cup mashed sweet potato (about $\frac{3}{4}$ pound whole potato)
- $\frac{1}{4}$ teaspoon ground cumin
- $1\frac{1}{2}$ teaspoons kosher salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 4 fresh poblano peppers (or other fresh green chiles)
- 2 tablespoons olive oil
- $\frac{1}{2}$ large onion, medium diced
- 2 cloves garlic, minced
- $1\frac{1}{2}$ cups milk
- $1\frac{1}{2}$ cups low-sodium chicken broth
- $1\frac{1}{2}$ cups ground cornmeal
- 4 tablespoons butter, softened
- 4 eggs, separated + 2 extra egg whites
- $1\frac{1}{2}$ teaspoons baking powder
- $\frac{3}{4}$ cup grated Monterey jack cheese

Instructions: Preheat oven to 375°. Generously butter a 13-by-9-inch baking dish

or a large souffle dish.

In a small bowl, mix the sweet potato with the cumin, $\frac{1}{2}$ teaspoon of the salt and the black pepper. Set aside.

Place chiles over an open flame or under an oven broiler, and char, turning frequently, until blackened on all sides. Cool, then peel and seed the chiles, and cut them into $\frac{1}{2}$ -inch by 1-inch strips.

While the peppers are roasting, heat oil in a frying pan over medium heat and saute onions and garlic until onions are softened and translucent, about 5 minutes. Stir the onion mixture and the peppers together and set aside. This part can be done up to a day in advance.

Combine milk and broth in a medium saucepan over medium heat. Heat the mixture until it is just about to boil. Whisk in the cornmeal in a steady stream, and continue to whisk constantly until mixture is smooth and thickened, about 2 minutes.

Remove from heat and transfer to a

large bowl. Mix in softened butter and sweet potato mixture while the cornmeal is still hot. Set aside and cool to room temperature.

Beat the egg yolks lightly then whisk into the cornmeal mixture along with the baking powder and remaining 1 teaspoon salt. Fold in the onion and pepper mixture, and $\frac{1}{2}$ cup of the shredded cheese.

In a clean bowl of a stand mixer, whip egg whites until stiff peaks form. Fold in a quarter of the egg whites to lighten the batter, then fold in the remainder. Spoon batter into prepared dish, and sprinkle remaining cheese evenly over the top. Bake until golden and puffy, about 45 minutes.

Per serving: 360 calories, 13 g protein, 37 g carbohydrate, 18 g fat (8 g saturated), 138 mg cholesterol, 601 mg sodium, 4 g fiber.