



## HOT PEPPER GUIDE

The Scoville scale measures the level of capsaicinoids, the chemicals that cause the burning sensation or the heat, and is expressed in terms of Scoville Heat Units (SHU). The Scoville unit was named for Wilbur Scoville in 1912. At the time, he worked for a pharmaceutical company named Parke-Davis where he developed a test called the "Scoville Organoleptic Test" which is used to measure a chili pepper's heat.

### LOW HEAT ON THE THERMOMETER



**Habanada:** Sweet! Not spicy, with all of the floral habanero flavors. Doesn't register on the Scoville scale.



**Banana:** Medium sized yellow pepper with a mild tangy taste. It is often pickled or stuffed.



**Shishito:** Mildly spicy pepper with a grassy flavor. About 1 in 8 peppers has some heat.



**Poblano:** A large mild chile pepper with thick walls perfect for stuffing. Roasting brings out an earthy flavor.



**Padron:** Eating a Padron is like playing Russian Roulette! Some are hot and some are not.



**Anaheim:** Mild chile named for Anaheim, California. Can be subbed for green peppers or poblanos.

### MEDIUM HEAT ON THE THERMOMETER



**Cherry Bomb:** Shaped like a cherry, this cute red pepper has the heat of a mild Jalapeno. Great pickled!



**Jalapeños:** The most popular pepper around, it has the perfect amount of heat for those who like a little kick.



**Fresno:** Medium sized red pepper with a little more kick than a mild serrano, and a fruity, smoky flavor.



**White Jalapeños:** Light fruity flavor and hotter than a green Jalapeños, but not as hot as a Serrano.



**Bulgarian Carrot:** Spicy, crisp, and fruity, with crunchy skin excellent for pickling and roasting.



**Serrano:** Smaller and skinnier than a Jalapeno with a step up in spice. Delicious in salsas and sauces.

### HIGH HEAT ON THE THERMOMETER



**Manzana Red:** Delivers a heat level of about 10x that of a Jalapeño. Roasted, it makes a superb salsa.



**Habanero:** This is a seriously hot pepper with a tropical fruity flavor and a hint of smoke.

*Capsaicin, the chemical which contains the heat of the pepper and produces a burning sensation, is concentrated in the white membranes of the pepper. The seeds don't contain any heat. When cooking with hot peppers it is a good idea to wear plastic gloves to protect your hands, face and eyes.*

LOW

MEDIUM

HIGH