

## HOT PEPPERS

### Types

There are many kinds of hot peppers, each with a different flavor and heat level (heat is measured using the Scoville scale). Jalapeños, cubanelles, green chiles, and poblanos tend to be milder. Hungarian hot wax, Thai chiles, and habaneros are hotter.

It is important to know the heat level of your peppers before adding too many to a dish! Always wear latex or vinyl gloves when preparing any kind of hot pepper. The seeds and pith (the white spongy tissue holding the seeds) are the spiciest part of the pepper.

**Mild:** ancho, banana, long wax

**Medium:** peperoncini

**Hot:** cayenne, habanero, Indian green chillie,

Jalapeño, serrano, tabasco, Thai

**Very Hot:** Scotch bonnet

### Selection Info

Avoid peppers that are bruised, wilted, torn, or moldy.

### Preparation

You can eat hot peppers raw, or you can grill, roast, or steam them.

Rinse peppers in cold stream of water before using.

**Raw:** You can consume any hot pepper raw. To mince, cut the pepper from tip to stem to create 2 halves. Remove the stem, and (if desired) remove the seeds and pith. Use a sharp knife to cut the pepper lengthwise into very thin strips, then cut the strips across to create small squares. Add minced hot peppers to salsa, soups, beans, eggs, stews, taco meat, or any other dish (raw or cooked) that you would like to spice up.

**Grilled, Flame-roasted:** This preparation method works best with thicker skinned hot peppers such as poblanos or green chiles. First, lay the whole pepper on a hot grill, over an open stove flame, or on a cookie sheet under the broiler. Use tongs

to turn and rotate the peppers until all sides are completely black and charred. If you begin to see white areas, then you've over grilled them. This process will take about 5 minutes depending on the heat of the flame, grill, etc. Set the grilled peppers in a bowl, cover with plastic wrap, and wait 10 minutes. Then, wipe off the black skin using a gloved hand. After you remove the skin, cut the pepper in half from stem to tip and remove seeds and pith. The pepper is now ready to chop or mince and add to a salsa, soup, or any other recipe.

**Roast:** Heat oven to 425°F. Place a cut or whole hot pepper on a baking sheet and coat the pepper with cooking spray or olive oil. Cook about 20-25 minutes. The skins should be charred on both sides and dark and bubbly. After cooling, you can easily remove the skins with bare hands.

**Steam:** Boil about 1 inch of water in a steamer. Place steamer basket on top of steamer, making sure the basket does not touch the water. Cut peppers into rings or slices. Place them in the basket and cover with a lid. Cook peppers for about 10-15 minutes. Serve.

### Storage

**Short-Term Storage:** You can store hot peppers on the countertop for up to 5 days, or in the refrigerator crisper for more than a week.

**Long-Term Storage:** Hot peppers can be frozen or dried.

**Freezing:** Large hot peppers with thick flesh (like poblanos) can be frozen. Use the method above for preparing Grilled, Fire-roasted peppers, and then freeze the peppers in zip-top bag for up to 9 months.

**Drying:** Small thin-skinned peppers (like Thai chiles) can be dried. Thread a sewing needle and tie a large not on the end. Then, string the peppers by pushing the needle through the green stem. Tie off the thread once you have strung together 2 to 3 dozen peppers. Hang the peppers in a dry place away from moisture or freezing temperatures. Discard any hot peppers that begin to mold. You can add dried peppers whole to cooked dishes, or you can crush or grind them.



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# JAMAICAN JERK CHICKEN

## Ingredients

- 8 pieces of skinless chicken (4 drumsticks, 4 breasts)
- 1/2 teaspoon cinnamon (ground)
- 1 1/2 teaspoons allspice (ground)
- 1 1/2 teaspoons black pepper (ground)
- 1 teaspoon dried hot pepper (crushed) or red pepper flakes
- 2 teaspoons oregano
- 1 tablespoon fresh hot pepper (chopped)
- 2 teaspoons thyme (chopped)
- 1/2 teaspoon salt
- 6 garlic clove (finely chopped)
- 1 cup onion (pureed or finely chopped)
- 1/4 cup vinegar
- 3 tablespoons brown sugar

## Directions

1. In a large bowl, combine all ingredients except the chicken.
2. Rub seasonings over chicken, and place the chicken in a large zip-top bag or airtight container. Marinate in refrigerator for 6 hours or longer.
3. Heat oven to 350°F.
4. Space chicken evenly on non-stick or lightly greased baking pan.
5. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an additional 30–40 minutes or until the meat can easily be pulled away from the bone with a fork. Chicken be 165°F at its thickest point.



Learn more about **HOT PEPPER** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php/food-hot-pepper>.

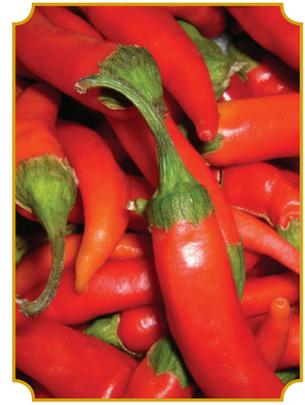
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Nutrition Information		
Serving Size	1/2 breast or 2 small drumsticks (104g)	
Nutrients	Amount	% Daily Value
Total Calories	150	
Protein	20g	
Carbohydrates	7g	2
Dietary Fiber	1g	4
Total Sugars	5g	
Total Fat	3.5g	5
Saturated Fat	1g	5
Cholesterol	80mg	27
Minerals		
Calcium	4	
Sodium	190mg	8
Iron	8	
Vitamins		
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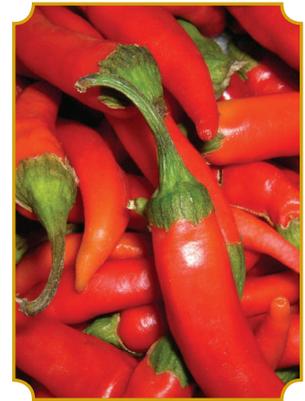
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