

Chillies (Capsicum frutescens)

Use 1-2 whole chillies for 4 servings

Description

Chillies are the pods of an annual plant of the Capsicum family. There are many different varieties whose subtleties of flavour are as varied as their heat levels which range from mild to fiery hot.

The majority of the heat in Chillies comes from the membranes. To reduce the heat remove before cooking.

Chillies are widely used in Indian, Mexican and South East Asian cookery.

Did you know?

There are over 200 identified varieties of Chilli grown throughout the tropics. In addition there are many local varieties which have not yet been documented. Chillies contain capsaicin which gives them their fiery heat. Depending upon the variety, the heat scale measured in Scoville units, can range from 0-300,000. Chillies were introduced to Europe and India in the 15th and 16th centuries following their discovery in Central America. Explorers in the New World mistook the fiery heat of the Chilli (Capsicum) for pepper (Piper nigrum) and, therefore, named their discovery Pepper, to the confusion of future generations. The sweet bell pepper, potatoes and tomatoes are all members of the same family as chilli peppers.

Quality

Dried whole Chillies should be a deep rich red colour and fairly pliable.

Cayenne Pepper should have a bright red colour and fresh, pungent smell. Schwartz Hot and Mild Chili Powders provide an especially harmonious blend of flavours brought about by the special Schwartz caramelisation process.

Usage

The longer Chillies are cooked, the hotter the dish will become. Use whole chillies so that they can be easily removed at the end of cooking.

Flavour the oil for stir fries by frying 1-2 Whole Chillies for a few minutes, then remove before adding the other ingredients.



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Add whole in marinades before barbecuing or grilling. Take care when handling Chillies

- wear rubber gloves if possible. Avoid touching your eyes as the capsaicin will make them sting.

Use to add heat to Mexican chili con carne, Indian and Thai curries and savoury mince. Add Whole Chillies to pickles for extra bite and visual appeal.
