

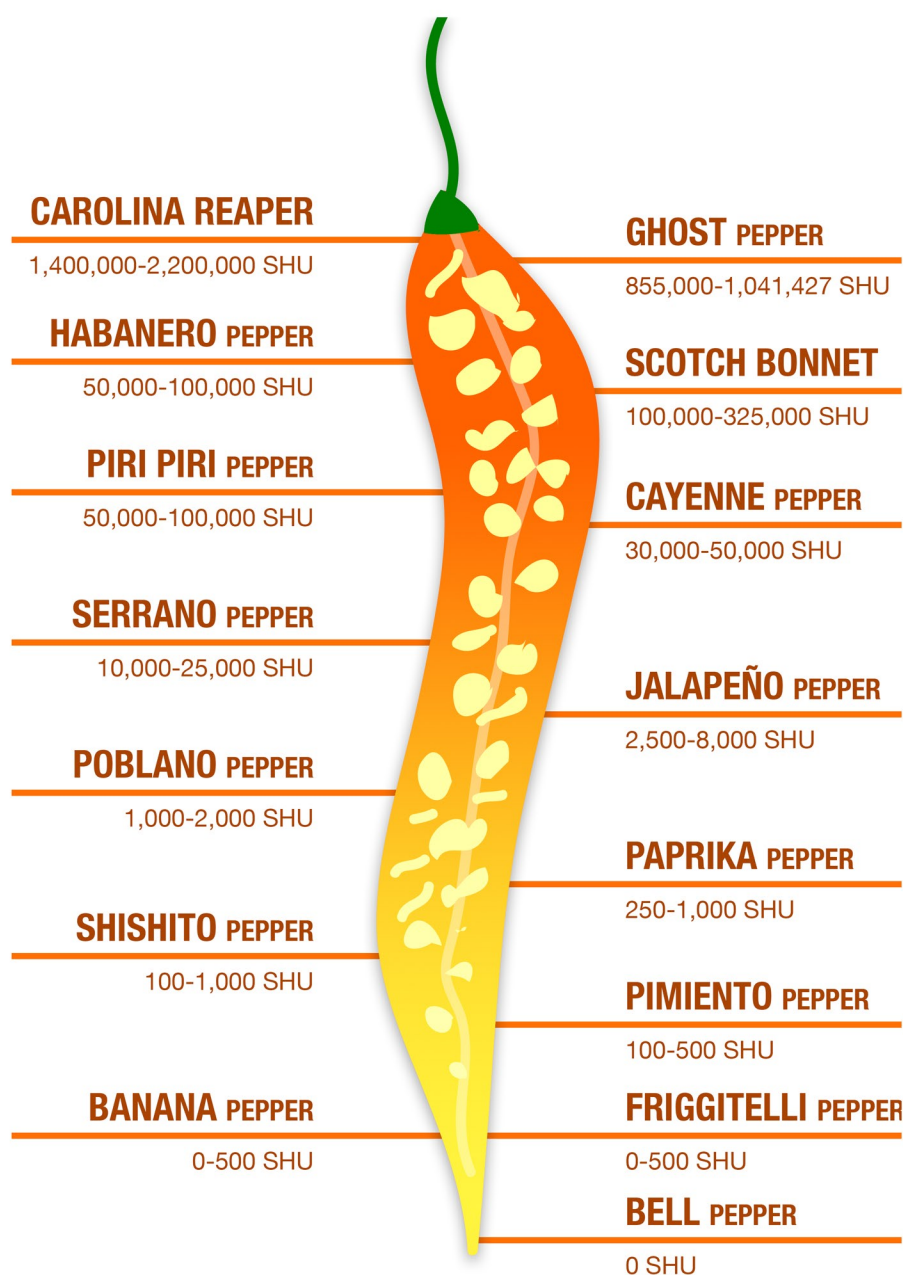


Cayenne Pepper

Chili peppers

Cayenne pepper, along with bell peppers and jalapeno, are all members of the same species, *Capsicum annuum*. Cayenne pepper typically provides the heat in mixed chili pepper. In nature the hot taste prevents herbivory from mammals. African farmers are encouraged to plant chilis around their farm to prevent elephant damage, as elephant trunks are extremely sensitive. We measure how hot chilis are using Scoville Units. Cayenne peppers are moderately hot at around 40,000 Scoville Units, compared with 5,000 Scoville Units for jalapenos, and over 1,000,000 for the hottest chilis, which are other species of capsicum. Although we associate chilis with Indian and Thai food, chilis have spread around the world within the past 500 years.

Cayenne peppers have a hot and spicy flavour, measuring 30,000 - 50,000 Scoville Heat Units (SHU) on the Scoville scale. Not all chilli peppers have that much heat though. There are more than 400 different types in cultivation, some very mild (0 - 4,000 SHU), some with medium heat (4,000 - 15,000 SHU) and others very hot indeed (15,000 - 1,500,000 SHU).





The type of chilli pepper you use in a recipe really will make a difference to your taste experience! Let's look at some of the most widely-used cultivars in the world and how they're used.



Friggittelli pepper | ITALY

5-8cm long;
0-500 SHU;
mild and slightly bitter flavour;
eaten pickled in Italian salads,
pizzas and antipasto platters.



Pimiento pepper | SPAIN

8-10cm long;
100-500 SHU;
mild, sweet heat and flavour;
used to stuff Spanish olives or
filled with soft cheese.



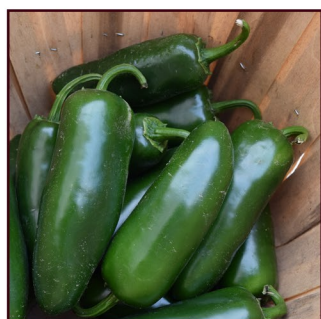
Ghost pepper | INDIA

5-8cm long;
855,000-1,041,427 SHU;
so hot it's used in military-
grade smoke bombs in India;
eaten as a very hot sauce.



Piri piri pepper | PORTUGAL

2-5cm long;
50,000-100,000 SHU;
hot, spicy taste;
made into piri piri sauce for wet
rubs; marinades or condiments.



Jalapeño pepper | MEXICO

5-8cm long;
2,500-8,000 SHU;
spicy but manageable flavour;
often used in Mexican
appetizers and salsas or as a
garnish.



Poblano pepper | MEXICO

10-13cm long;
1,000-2,000 SHU;
mild, earthy flavour;
used in Mexican / Southern
US dishes like chile relleno
and enchiladas.



Paprika pepper | HUNGARY

to 20cm long;
250-1,000 SHU;
mild, earthy taste;
mostly used as a powdered
spice, sometimes smoked;
common in Hungarian dishes.



Shishito pepper | JAPAN

5-10cm long;
100-1,000 SHU;
mild, sweet flavour;
eaten in Japan as tempura or
fried and served with sesame
oil and soy sauce.