

# HOT PEPPERS

Seeds of peppers have been found in archaeological deposits in Tehuacan, in Mexico, dating from around 7000 BC

## Health Benefits

### Hot Peppers

- Increase metabolism, burn calories, and speed weight loss
- Block the formation of cancer-causing compounds in cured meats.
- Contain a good amount of vitamins A & C
- Compounds in hot chili peppers act as decongestants



## Cooking

### !CAUTION!

Wash your hands with soap and water after handling hot peppers to avoid getting the juice in your eyes. Or wear rubber gloves.

### Use

- Raw, grilled or added to cooked preparations
- roasting peppers brings out the best taste

To soothe burning sensation in mouth, eat with:

- milk, yogurt, rice, bread
- oil-based foods

Capsaicin, the active component in chile peppers that gives them their heat, is concentrated in the white tissue attached to the seeds.

### Storage

Chilies should be stored unwashed and wrapped in paper towels in the refrigerator for up to three weeks. Dried chilies should be stored in airtight containers at room temperature for a maximum of four months.

## How To Roast Peppers

Char thick-skinned peppers until the skin is black and blistered. They can be charred under a broiler, over an open flame or on the grill. While they are still hot, cover or place in a paper bag for 15 minutes and allow the steam to loosen the charred skins. Peel over a bowl to catch the juices, and use in your favorite recipe.

### **Hot vs. Sweet Peppers**

#### Hot Peppers, Chilis, Cayenne

-Usually rather small and red when ripe.

-The degree of hotness depends on the presence of capsaicin, which varies according to variety and is affected by the climate.

-Hot weather conditions produce hotter peppers.

-Become hotter and sweeter as they ripen.

#### Sweet, Pimento, Bell

-Most popular in temperate countries, and is grown in the open in the southern U.S.

-large hollow fruits are generally red when ripe, but may be yellow or blackish-purple.

### **Recipes**

#### Roasted Pepper & Banana Relish

- 1 medium (about ½ lb) green pepper
- 4 bananas, diced fine (about 2 cups)
- ½ Tbsp mint leaves, chopped fine
- 3 Tbsp lime juice (about 2 limes)
- 2 Tbsp brown sugar
- 1 Tbsp extra virgin olive oil
- 2 jalapeno peppers, seeded, diced fine (wear gloves)
- 1 medium (about ½ lb) red sweet pepper, cored, seeded, diced fine

Preheat grill on HIGH 10 for minutes.

Clean grill with wire brush; using soft cloth, coat grill lightly with vegetable oil.

Grill whole green pepper to char all sides, about 15 minutes. Remove from grill; place in bowl.

Cover with plastic wrap; let rest 5 minutes.

Remove from bowl; peel, core, seed, and dice.

Combine all ingredients in medium bowl. Relish can be served with hot dogs, grilled fish and meats and many other dishes!

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