

# YOUR GUIDE TO Peppers

Sweet, hot or super spicy, peppers give your cooking an intense flavour kick. Use this guide to find your new favourite variety.

## HEAT-O-METER



SWEET



### Bell

Succulent snacking and great for salads, grilling and stuffing.



### Cubanelle

Versatile! Try in salads, in sandwiches and on pizza. Eat raw, roasted or fried.



### Mini Sweet

Superb for snacking and make perfect parcels for stuffing.



### Rustico/Long Sweet

Sweet choice for grilling, sandwiches, salads and roasting.



MILD



### Poblano

Gentle heat—just right for grilling, stuffing and roasting.



### Anaheim

Slightly smoky and peppery—heavenly roasted.



HOT



### Jalapeño

Add zip to salsa, nachos and chipotle.



### Banana

Kick up sandwiches and pizzas. Typically served pickled.



### Red & Green Chili

Tantalizing heat! Amazing for spicing up stir-fries.



### Shishito

Not all of these Japanese peppers are hot; you have a one-in-12 chance of getting a spicy one.



VERY HOT



### Habanero

Add to chili, purées and salsa—if you dare!



### Ghost

Restraint required: Try a touch in chili and curries.

## Pepper Pointers

- Select peppers that are firm and free of soft spots and blemishes.
- Store whole peppers in the fridge for up to one week; keep them dry to prevent spoiling.
- Fresh peppers lose crispness when frozen, but they're still great used in cooked dishes.
- Peppers get their heat from odourless, colourless chemicals in their flesh called capsaicinoids, which stimulate both a pain and pleasure response in the body.
- The oils in hot peppers can irritate skin; wear rubber gloves when prepping and be careful not to touch your eyes.