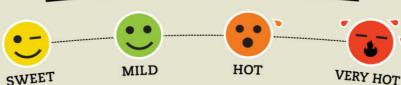


#### YOUR GUIDE TO

# 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 sandwhiches 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.





**Poblano** 

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



Anaheim

Slightly smoky and pepperyheavenly roasted.

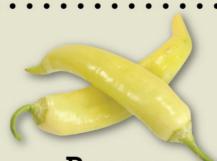


HOT



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.



#### Habanero

Add to chili, purées and salsaif 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.