

Chile Pepper Varieties

Carolina Reaper ▶

SCOVILLE SCALE: 1,569,300 - 2,200,000

The Guinness Book of World Record's Hottest Pepper in the World.

A hybrid cross between Pakistani Naga and a Red Habanero, the Carolina Reaper was bred for heat! Don't let this baby fool you!

The Carolina Reaper has a fruity, sweet taste with a hint of cinnamon and chocolate undertones - very pleasant before the heat knocks your socks off.



Scotch Bonnet

SCOVILLE SCALE: 100,000 - 350,000

Often confused with its close cousin the Habanero, Scotch bonnets have a sweeter flavour and stouter shape. Fresh, ripe Scotch bonnets change from green to colours ranging from yellow to scarlet red. These peppers are used to flavour many different dishes and cuisines worldwide and are often used in hot sauces, jerk dishes, and condiments.



▶ Bell Pepper

SCOVILLE SCALE: 0

Where's the heat? The Sweet Bell Pepper has no pungency or heat. It has no pungency because it contains no amount of capsaicin. Capsaicin is the chemical compound responsible for the pungency and burning sensation. It is mostly found in the ribs and seeds of the pod. The flesh of the pepper may also contain minimal amounts of the compound. The Bell pepper has a recessive gene that rid's itself of the capsaicin. Bell Peppers can be found in yellow, green, orange and red varieties.

Packed with Vitamin C, Bell Peppers can be eaten raw or cooked. They can be frozen, pickled, grilled or baked and are used in sauces, as toppings on pizzas, in salads, soups & stews.



▶ Bhut Jolokia

SCOVILLE SCALE: 1,041,427

Also known as the Ghost Pepper, this pepper has the distinguished privilege of holding third place for the hottest pepper on Earth! The colour at maturity is commonly red, with orange, yellow and chocolate as rarer varieties.

ARMOUR UP! Handling this pepper requires extreme care. Breathing apparatus, eye goggles, gloves and an airtight garment are a must!



▶ Cayenne

SCOVILLE SCALE: 30,000 - 50,000

Cayenne is a popular spice in a variety of cuisines. It is used fresh, dried and ground. It is commonly found in a variety of hot sauces and is the pepper of choice for Buffalo Hot Wings. Cayenne pepper consumption dilates the blood vessels and speeds the metabolism due to the high amounts of capsaicin.



◀ Jalapeño

SCOVILLE SCALE: 2,500 - 10,000

The heat level varies from mild to hot depending on how the plant was grown and how it was prepared. The heat is concentrated in the seeds and the veins, so if you want it on the milder end of its scale, remove those parts.

Jalapeños can be found raw, canned, sliced, and pickled and can used in a variety of ways - in chocolate, jellies, jams, salsas, sauces, etc. A chipotle is a jalapeño that has been smoked.



▶ Hungarian Wax

SCOVILLE SCALE: 1,000 - 15,000

A fairly large, and moderately hot pepper, the Hungarian Wax Pepper is usually harvested when still yellow. The Hungarian wax chile is the hot equivalent of the sweet banana chile and may be eaten at any stage.

Although it gets hotter as it ripens, this chile maintains a consistent sweetness. Traditionally this chile is pickled or made into yellow mole sauces.