



Chili Peppers

How to Prepare

For those dedicated to the relentless pursuit of spice, there is very little that will stand in the way of growing hot peppers. In Yellowknife, this means starting plants indoors, finding sheltered areas away from wind, or even keeping pepper trees in a greenhouse. But the effort is worthwhile when you get to enjoy your favourite chili fresh off the plant. If you're truly dedicated, many species of peppers will produce for three or more years if they can be kept warm, which invariably means bringing them inside for the winter.

Chili peppers come in a range of shapes, sizes, flavours and intensities. Pepper heat is measured in Scoville Heat Units (SHU) [see en.wikipedia.org/wiki/Scoville_scale]. From the mild banana pepper (100-500 SHU) to the record-holding Welsh Dragon's Breath chili (2.48million SHU) there's a pepper for just about every heat tolerance.

You can store fresh chilies in the fridge. Wash the chilies, pat them dry, remove the stem by hand (not with a knife), and store them in an airtight bag or container. You can also dry chilies - air-drying, smoking, or using a dehydrator. They can also be stored in oil.

Try Using Chili Peppers:

- In pretty much anything;
- On the BBQ with bell peppers;
- With pasta, rice, beans or quinoa;
- Stuffed with herbs and cheese;
- Made into sauces, or relish;
- In sautés and stir fries;
- In burgers, or as a topping;
- In oven-roasted veggies;
- In cornbread and savoury tarts;
- In omelets, quiches and frittatas;
- In soups, stews, or bean chili;
- In fajitas, burritos or tacos;
- In salsas, like salsa con queso;
- In antipasto or pickles
- As a spice for pickles;
- In marinades and dressings;
- In BBQ kebabs or skewers;
- With mango, papaya, pineapple;
- Made into pesto or piri piri, and
- In ice cream, with cinnamon.

Scoville Heat Units

100 +	Banana Pepper, Paprika, Pimento, Cubanelle
1,000 +	Anaheim, Poblano, Jalapeno, Hungarian Wax, Fresno, Guajillo,
10,000 +	Serrano, Arbol, Aleppo, Peperoncino, Cayenne, Tobasco, Chinense
50,000 +	Piquin, Malagueta, Apache, Green Thai
100,000 +	Bird's Eye, Habanero, Scotch Bonnet, Red Thai, Red Savina, Jindungo
1,000,000 +	Bhut Jolokia (ghost), Trinidad Scorpion, Carolina Reaper, Naga Morich, Naga Viper, Komodo Dragon Chili
2,480,000	Dragon's Breath Chili*

*World Record Holder, May 2017



YELLOWKNIFE FARMERS MARKET



Recipe: Stuffed Jalapenos

Ingredients

6 jalapeno peppers, halved, seeds out
4 oz cream cheese, room temperature
½ cup grated sharp cheddar

2 tbsp chives finely chopped
2 tbsp dill, finely chopped
Salt and Pepper

Instructions

1. Preheat the oven to 450F
2. In a small bowl, mix together cream cheese, cheddar, dill and chives.
3. With a small spoon, fill each jalapeno half with about 1 tablespoon cheese mixture. Season with salt and pepper.
4. Place peppers on a parchment-lined baking sheet and bake until cheese is browned and bubbling, about 10 minutes, rotating sheet halfway through

You can easily modify the filling to include different flavours. Try cilantro, or garlic.

You can stuff larger hot peppers like poblanos or banana peppers with just about anything. Try sausage & salsa, corn and black beans, or quinoa and goat cheese.

Handling Instructions

Wear gloves. The capsaicin in the peppers can burn your hands during handling. If possible, use nitrile gloves, as latex gloves can break down and expose your skin.

After working with chilies wash your hand thoroughly, and avoid touching your eyes, nose, or other sensitive areas.

Clean all prep and cooking surfaces thoroughly using soap and water.

Nutrition Highlights

- Very high in Vitamin A, B6 & C;
- Very high in Vitamin K;
- A source of calcium & copper;
- A source of iron & thiamin; and
- A good source of fiber.

Nutrition Facts	
Serving Size 100 grams (100 grams)	
Amount Per Serving	
Calories 40	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	6%
Sugars 5g	
Protein 2g	
Vitamin A	19% • Vitamin C 239%
Calcium	1% • Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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