

CHILES PEPPER CHART

BHG.com

Chile Peppers

have a reputation for being the hotheaded child of the culinary world, but their personality is much more complex. Beneath their bravado, chiles possess unique dispositions. Some varieties hit the palate like a bolt of lightning; others are mild-mannered and sweet, offering hints of raisin, chocolate, anise, and cinnamon to their dishes. Use this guide to get a handle on a variety of peppers.

The seeds and veins of a jalapeno pepper are the hottest part. Luckily they can be easily removed by sliding a paring knife between the flesh and the veins. Do wear plastic or rubber gloves; jalapenos contain volatile oils.

Oven-Roasting Peppers

1. Roast chiles on a foil-lined baking sheet in a 425 degree oven for 20 to 25 minutes or until the skins are blistered and dark (or broil for 4 to 5 inches from the heat for 8 to 10 minutes).
2. Bring the foil up and around the peppers to enclose. Let stand about 15 minutes or until cool enough to handle (this loosens the skins).
3. With a knife, loosen the edges of the skins from the peppers; gently and slowly pull off the skins and discard. Use gloves if handling hot peppers.

Poblano Peppers (poh-BLAIN-oh)

Thick-skinned and dry-fleshed, these richly flavored chiles resemble a darkened green sweet pepper and vary in heat from mild to racy. Fresh chiles can be stored for a week at room temperature or up to three weeks in the refrigerator.

Anaheim Peppers (An-uh-hime)

Narrow, long, and pale to medium green, Anaheims hail from Southern California. They are somewhat mild and work well when fresh in salsas or roasted. The riper red form of these peppers is called chile Colorado.

Habanero Peppers (ah-bah-NYER-oh)

Popular throughout the Yucatan, these fiery beauties are also called Scotch bonnets. As with all fresh chiles, habaneros can be stored for a week at room temperature or up to three weeks in the refrigerator.

Serrano Peppers (say-RAH-noh)

The flesh of fiery-hot serranos is thin and dry, with a strong grassy flavor. In Mexico, these chiles are often called *chiles verdes*. Use them fresh or cooked.

Chipotle Peppers (cheep-oht-lay)

This dried and smoked chile, which began as a fresh jalapeno, has recently enjoyed a great deal of popularity in the United States. Look for spicy, smoky chipotles canned in adobo sauce, pickled or dried.

Jalapeno Peppers (hall-ah-PAY-nyoh)

A piquant chile that is thick and juicy, sweet and complex. This short, stout pepper ranges from hot to quite hot. It is popular both raw and cooked. As it ripens, a jalapeno turns red.

de Arbol Peppers (day-ARE-bowl)

Short, skinny, brick-red, and with woody stems, these dried chiles offer some real heat and are often used in powdered form. Or toss one or two into soups, stews or taco meat to add heat.

Pasilla Peppers (pahs-EE-yah)

In Mexico, pasilla is the name for dried *chile chilacas* and is also called *chile negro*. It is used in traditional mole sauce. Dried chiles are best stored away from sunlight in a resealable plastic bag or lidded container.

Ancho Peppers (AHN-choe)

These wrinkly, dark-burgundy chiles are dried poblanos. When reconstituted, they are mild, rich, and almost sweet, with an evocative hint of milk chocolate flavor.