

HOT SAUCES

Alison Ashton - Parade Magazine, March 6, 2016

GOCHUJANG

Pronounced goh-choo-jong and made from dried red chilies, rice powder and soybean paste, this Korean chile paste has been on a slow burn in the United States for the last few years. It has a thicker consistency, deeper flavor and milder heat than its Thai cousin, Sriracha.

**Try it in chef Edward Lee's easy Gochujang Glazed ham recipe at www.parade.com/ham. Between mild and medium heat.

PERI PERI

Peri peri for piri piri is Swahili for "pepper pepper" and refers to the scorching African Bird's-Eye Chile. Portuguese colonists incorporated it into a zingy sauce of the same name along with citrus peel, onions, lemon juice, herbs and spices. They then ferried it around the world, from India to Brazil and the Caribbean.

**Try it in a marinade for grilled chicken or shrimp. Fiery heat.

SRIRACHA

This spicy-sweet sauce, pronounced see-rah-cha, originated in the seaside Thai town of Si Racha. But many Americans call it "rooster sauce", thanks to the label on the wildly popular version produced by Los Angeles-based Huy Fong Foods, Inc. (The rooster pays tribute to founder David Tran's Chinese zodiac sign.) Made from a fermented blend of red jalapenos, garlic, sugar, salt and vinegar, it has a cheery, bright-red hue and ketchup-like consistency.

**Try it in everything from eggs and burgers to meatloaf and marinades. Medium heat.

TABASCO

The McIlhenny Co. has cooked up this thin, vinegary sauce, made from the Tabasco pepper on Avery Island, LA since 1868. Generations of American cooks have reached for it to add heat to everything from Bloody Marys to chili, making it the nation's numero uno hot sauce.

**Try it in chef Carla Hall's Nashville-style Hot Fried Chicken at www.parade.com/hotchicken. Extra-hot heat.

TAPATIO

This Mexdican-style hot sauce is made in Los Angeles with hot red peppers. Pronounced tap-ah-tee-oh, it's the name for someone from Guadalajara, Mexico. Fans love its smooth, thin consistenct and straight-up heat with sour, acidic notes, similar to Tabasco.

**Try it in a margherita or grilled cheese, or to add zing to tuna salad or guacamole. Extra-hot heat.

SEVEN HOT SAUCE TWISTS.

- Stir into bottled hot fudge for a zippy dessert topping.
- Mix into ketchup or mayo for burgers or sandwiches or as a dip for fries.
- Dollop on eggs for extra kick.
- Whisk a dash into blue cheese or ranch dressing.
- Add a few drops to maple syrup for a spicy-sweet pancake or waffle topper.
- Add a dash to wake up egg salad or deviled egg filling.
- Stir a spoonful into marinara for a spicier sauce.

TAME THE FLAME

When you go overboard with the heat, cool your palate with a chaser of starch or dairy. The starch in bread, tortillas or rice neutralizes the heat in chile peppers. Milk products contain casein, a compound that helps dissolve the capsaicin in chiles.