

WORKING WITH CHILE PEPPERS

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SEEDING PEPPERS

Use a spoon with a narrow tip to easily remove seeds and ribs from chiles. A knife also works well for tough flesh.

HOW TO HANDLE HOT CHILES

- Wear gloves or cover your hands with plastic bags when handling chiles.
- If your fingers touch the peppers, wash well for at least 30 seconds with soap and warm water. Keep your hands away from your eyes.
- Because the oils from chiles transfer to knives and cutting boards, wash them well with hot, soapy water after use.

ROASTING CHILES

To roast Anaheims, arrange them on a baking sheet, leaving room between the chiles. Roast in a 425 degree oven for about 20 minutes or until the skins are browned. No need to brush with oil.

PEELING PEPPERS

For easiest peeling, broil the peppers, cut sides down, on a foil-lined baking sheet, 4 to 5 inches from the heat, for 8 to 10 minutes until blackened and blistered. Seal in a bowl or bag to steam. When still slightly warm, lift off the skin, using a knife to loosen stubborn sections.

QUICK PICKLING

Submerge the chiles in a vinegar bath for 30 minutes to soften the texture and mellow the flavor. A good preference is seasoned rice vinegar because it has just the right amount of sweetness.