



Recipe From Phyllis' Kitchen



www.phyllisfitzgerald.com

HOT PEPPERS

“To answer your hot pepper queries, we pulled out our trusty Johnny's Selected Seeds catalog, a wealth of information. In order from mildest to hottest, the hot peppers we have are as follows:”

MILDEST: Numex/Anaheim--this is the green one that strongly resembles the corno (bull's horn) sweet pepper (*These are hot when raw, but you can successfully make stuffed peppers from them & they are not so hot cooked. P.F.*)

MEDIUM: Hungarian hot wax ("hot banana"); Jalapeno; and Ancho/poblano. The ancho/poblano pepper (called poblano when green-black and ancho when red), according to Johnny's, "are large enough for stuffing and are best roasted and peeled while still black-green." The fully mature and dry ancho is used to make chile powders and sauces, such as the famous mexican "mole" sauce. (*I dice any of these and use one or two in a pot of chile. P.F.*)

HOT: Joe's long cayenne (red or green) (*I dry these and pinch off a ½" piece to season a pot of beans or greens. P.F.*)
and of course...

HOTTEST!!!: THE HABANERO! If you can stand the heat and have plenty of rubber gloves, you can make a Belizean favorite with the ripe habaneros. Just mix finely chopped habaneros, carrots, and onions with salt, put them into a jar and cover with vinegar. Cover the jar and set it in the sun for about 24 hours, then move it to the fridge. We still have a jar from last summer, so it will keep and add a pinch of flavorful heat to your winter dishes!" (*If you ever saw the movie, "A Fish Called Wanda," you would be mighty careful with these peppers. You must use rubber gloves when handling. P.F.*)

It is quite possible to freeze these peppers whole or cut in half. Always remove the seeds if you are concerned about the heat. And always carefully wash your hands—and keep them away from your mouth, nose & mouth—*um, any orifice*—after handling hot peppers.