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ELS = Eat, Learn, Sell – Eating by Example – 10.16.15

Common chilies

Capsicum annum, Capsicum chinense, Capsicum pubescens

The Scoville Scale – This is a measurement of heat units. Hot peppers contain capsaicinoids, natural substances that produce a burning sensation. The primary part of this substance is called capsaicin; if consumed directly, a single drop of capsaicin diluted in 100,000 drops of water would still blister the tongue. Measured in parts per million, the capsaicinoid content is converted into Scoville heat units. One part per million is equal to 15 Scoville units. For example, Bell peppers have a value of zero Scoville units compared with a Habanero – which registers 200,000 – 300,000 on the Scoville scale. It has been hypothesized that eating hot peppers generates a discomfort that is balanced by the release of endorphins – which at high levels can create a sensation of pleasure.

Anaheim - also known as the California chili or Magdalena is a perennial chile pepper grown primarily as an annual. When reaching full maturity, the Anaheim chile is known as chile Colorado. In dried form the Anaheim chile is called chile Seco Del Norte. Anaheim chiles are of the species, Capsicum annum, a species of peppers native to South America. All Capsicum annum cultivars are green when unripe and will eventually become red, some varieties turning brown and near black when reaching full maturity. The Anaheim chile's principal use is for canning, though they are also sold widely as a fresh



market mild chile pepper.

Anaheim chile peppers are defined by their elongated curved lime green pod and their mild, sweet flavor. The chile's skin is waxy, glossy and semi thick. Inside the pod is a thin white seeded membrane. Raw Anaheim chiles are bright, succulent and slightly peppery in flavor. Cooked Anaheim chiles, whether slow roasted or grilled obtain a depth of rich, sweet and tangy flavors. Anaheim chiles are harvested immature anywhere between four inches and ten inches in length. If allowed to reach maturity, Anaheim chiles will eventually turn a deep red color, lose their moisture and shrink significantly in size. A mild-flavored pepper it ranges from 500 to 2,500 units on the Scoville scale.

Habanero – (Capsicum chinense) Similar to the Red Habanero the Orange Habanero is the fully mature and ripe version of the Green Habanero and botanically part of Capsicum chinense. Depending upon cultivator, when fully mature Habanero peppers will be either red or orange in color, with orange being the most common and preferred cultivator. The orange variety Habanero is also one of the hottest varieties of Habanero peppers.



The Orange Habanero ripens from green to a bright orange hue. Its skin is thin and waxy with slight exterior wrinkling. Their pods have a distinctive lantern like shape and are petite measuring typically no bigger than two inches in length and one to two inches in width. A close relative of the scotch bonnet pepper the Orange Habanero has a similar shape, flavor and heat as the scotch. An aromatic chile pepper the Orange Habanero has a subtle apricot aroma and offers an intense and pungent heat at 200,000 – 300,000 Scoville units. Orange Habanero chile peppers are available year-round.

Jalapeno - The Green Jalapeno is the immature version of a Jalapeno pepper. A member of the botanical group *Capsicum annuum* L. Jalapeno is one of the most well-known chile peppers in the world and the most commonly available variety of Jalapeno pepper. One of the most popular peppers for processing the Jalapeno pepper is commonly pickled and marketed as a topping for nachos, hot dogs and hamburgers in ballparks, stadiums, movie theaters and arenas. They are also a common pepper for use in production of commercial salsas and hot sauces.



Jalapeno pepper pods have a slightly curved, conical shape and come to a blunt end at their tip. A petite pepper on average they measure two to three inches in length and one inch in width. Their smooth, bright to dark green skin will ripen to a vivid red when the peppers are fully mature. More mature peppers will also exhibit characteristic cracks near their stem end. This streaking is also known as "corking" and is a pepper characteristic that is sought after in Mexico but not so much in the United States. The crisp and juicy flesh of the Jalapeno pepper offers a vegetal flavor and a spicy bite with heat increasing as the pepper peaks in maturity. Its Scoville rating ranges between 2,000 and 10,000 units. Fresh Green Jalapeno chilies are available year-round.

Manzana – (*Capsicum pubescens*) The Manzana chile pepper, also known as Rocoto, Manzano and Peron is a rare type of chile pepper. In Spanish Manzana translates to mean apple, a nod to the peppers apple like shape. Unlike most chiles cultivated in Mexico the Manzana chile is not a part of the common botanical family of *Capsicum annuum* but rather a part of *Capsicum pubescens* a species of pepper from the Andes region. This species of peppers is unique in the fact that the leaves of the pepper plant are covered in fine hairs and the seeds of the peppers are black in color.



Depending upon variety, the Manzana chile peppers color can range from light green when immature to bright yellow, orange and red when ripe. Its heat level as well can vary from mild to hot depending upon specific variety and by maturity of the pepper with more mature peppers offering a hotter heat. While like many peppers the Manzana can be used when immature it is most commonly utilized in its fully mature stage. Scoville units range between 10,000 and 30,000 on average. Removing the seeds and membrane of the Manzana chile pepper will reduce the peppers heat. Manzana chiles are available most of the year, with supplies possibly shorter in the summer.

Pasilla - Green Pasillas AKA poblano are of the species, *Capsicum annuum*, and the the fruit of the pepper plant, which is also known as a pod. Green Pasilla chile peppers are cultivated as a fresh market chile, canned and dried.

Green Pasilla chiles are one of the most complexly flavored mild to medium heat chiles. The Green Pasilla is a mild to hot chile with a hotness measured in the Scoville scale at 1,000 to 2,000 heat units. At their peak ripeness, their elongated, heart shaped, curved and contorted pod is glossy, deep green and thick. The chile contains a cotton-textured membrane laden with small white seeds. When cut, the chile's aromas reveal a preview of its flavors: spicy, earthy, rich and bright. Green Pasilla chile peppers are available year-round.



Don't confuse the fresh Pasilla with the dried Chilaca sometimes sold under the name Pasilla which translates to mean "little raisin" in Spanish.



Pimiento de Padron – (or simply Padron) are a single heirloom non-hybrid variety of peppers and members of the Capsicum family of Americas. The Capsicum pepper family houses hot peppers, among them some of the hottest peppers in the world (habanero, ghost chile). The heat in Capsicum peppers is directly related to how much capsaicin a pepper contains. The younger the Capsicum pepper, generally the less capsaicin levels. Padron chile peppers are picked immaturity so as to avoid the higher levels of capsaicin, allowing for an entirely edible fruit.



Each Padron chile pepper is unique though similar in shape and size with curved and grooved furrows along their skin. Young padrons are crisp, the color of limes, roughly two inches in length and their flavor savory, grassy, piquant and peppery. It is not uncommon to find a firey pepper in the mix (roughly one in 10), making for a bit of Padron roulette. While there is no visual way to tell how hot a young Padron pepper will be, as they age, they will deepen in color and eventually, as in many chile varieties, turn fire engine red and intensify dramatically in their heat level.

Red Fresno - AKA chile Caribe or chile Cera, are a mature Fresno chile pepper. It is a perennial chile pepper grown primarily as an annual. Fresno chiles are of the species, Capsicum annum, a species of chiles native to South America. They are also the same species as jalapenos, though a different cultivar and often mistaken for jalapenos. Fresno chiles are used as a fresh market hot chile or as a canning pepper. When canned or bottled they are often simply labeled, "hot chile peppers", leaving no reference to variety. Fresno chiles do not have a home in the dried chile market as their flesh is too thick to endure the air-drying process successfully.



Red Fresno chile peppers are petite but plump thumb-sized conically shaped chiles. Their skin, smooth, firm and waxy with a glossy sheen. Their flesh contains a cottony membrane which bears numerous creamy white seeds. These seeds can be dried and used to grow future crops of the chiles. Fresno chile peppers are considered a hot chile, with flavor and heat similar to that of a jalapeno or a serrano chile. Though the seeds are hot, the flesh's cross ribs and membrane contain the compound called capsaicinoid. This single compound is responsible for the chile's heat. As the seeds cling to the ribs and membrane they inherently absorb the heat of the capsaicinoid. The Red Fresno is categorized as a hot pepper ranking between 2,500 to 8,000 units on the Scoville index. Cooking Fresno chiles brings out a smoky sweetness that is not found in its raw form. Red Fresno chile peppers are available year-round, with peak season late summer through fall.

Serrano - also known as chile Seco. Its name Serrano translates to mean "from the mountains" and refers to the Sierra mountain region located in the Mexican states of Puebla and Hidalgo where the pepper originated. They are one of the hottest chile peppers available commercially in the United States today. They are also one of the most common peppers utilized in Mexican cuisine.



Serrano chile pepper pods are petite with an elongated shape coming to a rounded point at their tip end. Measuring on average one to two inches in length and just under an inch in diameter the Serrano pepper is fairly consistent in both size and shape. When immature its skin is smooth and glossy with a bright to dark green hue, if allowed to fully mature it will turn a shade of scarlet red. Its flesh is thick and offers a hot pepper flavor and high acidity. Its Scoville units range from 10,000 to 25,000.



Shishito - known as Kkwarigochu in Korea, botanically is a part of *Capsicum annuum* and is a Japanese variety pepper. Similar in shape, form and flavor to the Spanish padron the Shishito peppers are petite and relatively mild in flavor, with one out of every ten peppers offering a random hot and spicy kick. They are the immature version of the Shishito pepper and will ripen to a vivid red hue if allowed to, though, they are most commonly found commercially in their green form.



Shishito chile peppers have a bright, glossy green exterior skin. When allowed to fully ripen on the plant Shishitos will turn a vibrant red and their walls will be thicker fleshed. A petite pepper it measures on average two to three inches in length with a slightly curvy shape and tip end that folds up into itself. Its skin is lined with grooves and wrinkles, even more so than that of its look alike the padron pepper. It has a piquant and peppery flavor with sweet and vegetal nuances. Its heat can vary from very mild to spicy hot with one in ten peppers offering a heat unlike the others, on average its Scoville units range between 100 and 1,000. Japanese Shishito chile peppers are available year-round with a peak season in summer.

Yellow Chile - Botanically a member of *Capsicum annuum* there are several different varieties of Yellow chile peppers ranging from sweet and mild to spicy hot. Depending on variety this color change can indicate either enhanced sweetness or spice. The hot Hungarian yellow wax and sweet banana pepper are two of the most well-known varieties on the pepper market today.



Plump, elongated and tapered towards its tip end, the skin of the Yellow chile pepper has a smooth texture and waxy sheen. Its flesh is thick and creamy to bright yellow in hue, if allowed to become fully mature on the plant many varieties will develop a blush or fully turn to shades of orange and red. Yellow chile peppers offer a sweet pepper flavor and a heat that can vary from very mild to moderately hot, its Scoville units ranging from 100 to 15,000. Varieties that do exhibit heat will become hotter as the pepper peaks in maturity. Yellow chile peppers are available year-round.