

ANOTHER
HERB HERBERT
FACT SHEET

SPECIAL INTEREST HERBS
CHILLIES

Annual
Capsicum spp.
Family: Solaraceae



HISTORY

The origin of the chilli has been accredited to Central America and was a staple in the diet of the Incas and Aztecs.

Chillies are now grown throughout the world. They are used extensively in varied cuisines from Mexican, Cajun, Asian, Hungarian and Portuguese as well as many others.

CULTIVATION

Chilli are easy to grow and quick. Grow in a well drained soil in full sun. Treat as an annual in cool climates. Ideal for pot culture as they look very decorative when festooned with fruit.

USES

Apart from their use in cooking, chillies are good to make up as a spray to deter possums and rabbits. A chilli tea can be used for aphids. Chilli are high in Vitamin C as are all capsicum varieties. They are also high in Vitamin A.

HANDLING CHILLIES.

If you have sensitive skin, it is advised to wear rubber gloves when preparing chillies. Always wash hand thoroughly after handling and be careful not to rub eyes as this can cause severe burning.

To reduce the intensity of the heat take milk or yoghurt or other liquid dairy products.

DESCRIPTION

Anaheim
15-20cm long thick fleshed pale to bright green, ripening to red.

Excellent stuffed or used in sauces and soups.
Heat rating 2-3.

Cayenne Long Hot
Thin tapered 15cm often curled or twisted. Fiery hot.
Heat rating 7-8.

Cherry Red Hot
Round fruit 3cm green fruit are mild, but ripe red fruit are very hot. Ideal for pots.
Heat rating 8.

Habanera
Bell shaped HOT!! Dark green to orange or red when ripe. Distinct tropical flavour. In spite of its intense heat.
Heat rating 10.

Jalapeno
Bright green ripening to red, 7cm long tapering. The best known chilli available. Can be used in almost any dish that needs spicing up. Heat rating 5.5.

Hungarian Sweet Wax

Yellow conical shaped fruit. 15cm long. Waxy yellow pepper ripens to orange red. Used in sauces. Heat rating 7-8.

Serrano

Dark green to scarlet red when ripe. 10cm bullet shaped. Use in salsas and sauces.
Heat rating 7.

Thai Hot

Small conical fruit 7cm bright green to red when ripe. Lots of seeds with a lingering heat. Used in Asian cooking.

Heat rating 7-8

RECIPE

RED CHILLI SALSA

- 170g fresh red chilli (seeded)
- 3 cups (750ml) hot water
- 3 tablespoons tomato paste
- 1 clove garlic, crushed.
- 3 tablespoons olive oil
- pinch salt
- 1/4 teaspoon ground cumin
- 1 teaspoon each of fresh oregano and coriander.

Rinse chilli in cool water. Place in a bowl cover with hot water and soak for 1 hour. Place chilli and remaining ingredients in a food processor with a little extra water and process until coarsely chopped.

Place mixture in a saucepan and simmer slowly for 10 min. Stirring occasionally until sauce reached desired consistency.

Pour into hot jars and allow to cool.

Enjoy. Makes approx 3.5 Cups (875ml).



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