

Pepper Heat



Scoville Heat Chart

SCU = Scoville Heat Unit



BANANA -- 0-500 SCU



Also known as a wax pepper. A mild, tangy taste. Typically bright yellow, but can also turn red or orange as they ripen. It is often pickled, stuffed or used as a raw ingredient in foods.

ANAHEIM -- 500-1000 SCU



Elongated curved lime green pod. Mild heat. The chile's skin is waxy, glossy and semi thick. Often slow roasted or grilled to obtain a rich, sweet and tangy flavor. Great for chiles rellenos.

POBLANO -- 1500 SCU



Green, heart-shaped pepper with thick walls and a bit of heat. Dried, it is called ancho or chile ancho. Stuffed fresh and roasted it is popular in chile rellenos.

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JALAPENO -- 5000 SCU



Small green pod with medium heat. Dark green skin which can turn red later in the season. Great for salsa, stuffed, poppers, sauce, roasted, wrapped in bacon. You can also dehydrate them or turn them into chili paste.

SERRANO -- 10,000-25,000



Lime green pod about 3 inches long, eventually turn red or orange color. Spicy heat that is tempered when roasted. Does not dry well. Use in salsa, sauce, chili, stew, marinade.

CAYENNE - 25,000-50,000



They're used mainly in hot sauces. When dried, the seeds and pod are dried and ground to make cayenne pepper -- a fiery hot spice to flavor a daring chili.