

# SPICE CLUB: CAYENNE PEPPER

**Origin:** Native to Central and South America. The origin has not been pinpointed but it is often believed to have originated somewhere near Mexico. Cayenne is named after Cayenne in French Guiana, which was a trading post where spices were exported to other parts of the world. After Cayenne was popularized, it was shipped all over Europe, adding flavor and heat to dishes.

**Fresh**



**Dried**



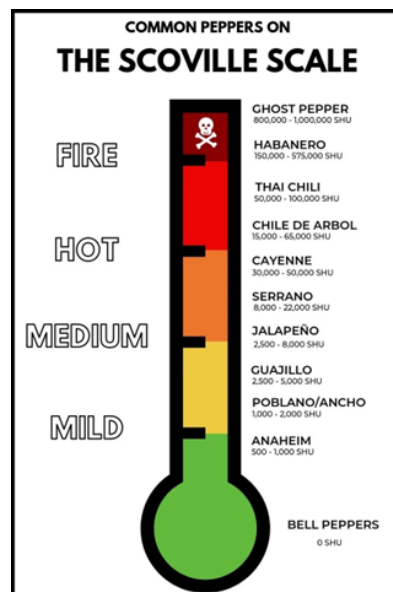
**Ground**



**Taste:** The spice has a pungent aroma that smells sweet and slightly smokey

What is it made of: Ground cayenne pepper is made only with cayenne peppers that have been dried and finely ground into a powder.

**Spice level:** considered a somewhat hot pepper, ranging from 30,000 – 50,000 Scoville Heat Units (SHU) on the Scoville Scale, which is about as hot as a serrano pepper. If you compare that to a typical jalapeno pepper, which averages around 5,000 SHU, the hottest cayenne is about 10 times hotter.



## Cayenne Pepper Nutrition

5 grams (1 tablespoon) of cayenne pepper contains the following nutritional value:

- Calories: 17
- Fat: 1 gram
- Carbs: 3 grams
- Fiber: 1.4 grams
- Protein: 0.6 grams
- Vitamin A: 44% of the RDI
- Vitamin E: 8% of the RDI
- Vitamin C: 7% of the RDI
- Vitamin B6: 6% of the RDI
- Vitamin K: 5% of the RDI
- Manganese: 5% of the RDI
- Potassium: 3% of the RDI
- Riboflavin: 3% of the RDI

RDI-Recommended Dietary Intake

**Medicinal Uses:** Digestive aid, pain reliever, anti-inflammatory.

**Health benefits:**

- Fantastic source of antioxidant & other plant compounds that protect our cells and promote health.
- Protects your heart. Cayenne peppers can keep blood vessels healthy and may help lower blood pressure. It can help protect against inflammation in your body.
- Improves digestion. It increased gastric juices and enzyme production in stomach, which helps break down food. There is evidence that it boosts the good bacteria in your gut.
- Maintain a healthy weight. Spicy foods can rev up the metabolism a bit, helping burn calories.
- Ease pain and clear congestion. Good for achy or stuffy head.

**How to use cayenne pepper:**

- Mexican hot chocolate—for a sweet & spicy kick, add powdered cayenne
- Boost your coffee—sprinkle in for a pick me up!
- On pizza—sprinkle dried cayenne
- Add to a dish—raw, fresh cayenne peppers can be sauteed and added to stir fries

**Fun Facts:**

- Louisiana is famous for its cayenne pepper and it plays a strong role in cajun and creole dishes. Cayenne peppers grown in Louisiana are regarded for their flavor and quality.
- One of the ingredients in pepper spray "capsaicin" is derived from Cayenne pepper
- Cayenne peppers are green when immature, these can be eaten as well but are not as spicy
- Cayenne pepper is the star of many popular hot sauces such as Frank's Red Hot, Original Louisiana Hot Sauce, and Tapatio hot sauce

# Homemade Cayenne Pepper Sauce



## Ingredients

- 10 ounces cayenne chili peppers
- 5-6 cloves garlic
- 1/2 cup white wine vinegar (or more, as desired - use 1 cup for a thinner sauce)
- 1 teaspoon salt + more to taste

## Directions

Chop up the cayenne peppers along with garlic cloves and add them to a pot with the vinegar and 1 teaspoon salt.

Bring the mix to a boil, then reduce the heat to low and simmer everything for 20 minutes.

Cool the mixture slightly, then transfer it to a food processor or blender. Process it until the sauce is nice and smooth. Adjust to taste with more salt if desired

Strain the sauce through a fine sieve if you'd like a smoother sauce, or pour it into bottles as-is for a thicker sauce.

# 4-3-2-1 Rub



## Ingredients

- 4 tablespoons kosher salt
- 3 tablespoons light brown sugar
- 2 tablespoons paprika
- 1 tablespoon cayenne pepper

## Directions

Combine salt, brown sugar, paprika, and cayenne in a small bowl or resealable container.

Do Ahead: Rub can be made 2 months ahead. Store airtight at room temperature.