

Cooking with Chile Peppers!

Ever wonder just how hot certain chile peppers are? Or what foods are most commonly prepared with them? In 1912, a chemist by the name of Wilbur Scoville developed a method to measure the heat level of chile peppers that is still commonly-used today.

The pungency, or heat factor, of chile peppers is caused by the amount of Capsaicin they contain. Scoville developed a subjective taste procedure by mixing ground chiles with sugar water, and using a panel of testers to repeatedly sip the solutions until they were diluted enough that the liquid no longer burned their mouths. His system rates chiles in multiples of 100 units. Below is a list of commonly-used chile peppers, their Scoville heat rating, and some common ways they are used in cooking.