

Healthy reasons to eat Chilli



Chillies are a wonderful vegetable full of healthy nutrients for your body, which definitely fits into today's healthy diets.

1. Chilli has a lot of fiber.

Chillies are an excellent source of fiber. In addition to keeping you regular, fiber also slows the rate that sugar is absorbed into the bloodstream. This keeps your blood glucose levels from rising and falling too quickly.

2. Chilli contains Vitamin C.

The Chillies you use to flavour your meals, even the mild red peppers, provide a tremendous amount of Vitamin C.

3. Chilli can help you lose weight.

The capsaicin found in the Chillies used to season your dish can increase your metabolic rate simply by raising your bodily heat production. Even sweet red peppers can increase heat production for up to 20 minutes after eating them.

4. Chilli can make you happy!

Chillies promote endorphin and serotonin release, both of which inflate your mood. The capsaicin is the trigger for increasing the serotonin and endorphins. These two raise your mood levels so you can actually feel happier just by eating Chillies.

5. Chilli can curb your cravings for fatty foods and sweets.

Some recent research has given some proof that the capsaicin in Chillies actually curbs your cravings for fatty foods and sweets.

6. Chilli can help boost your immune system.

Chillies are high in Vitamin A, which can naturally boost your immune system. This is a welcome plus during the winter cold and flu season.

7. Chilli may help regulate blood sugar after eating.

Apparently the capsaicin in Chilli peppers also can help regulate your blood sugar. A July 2006 study in the Journal of Clinical Nutrition found that the amount of insulin that was needed to lower patients' blood sugar after a meal is lower if the meal contains Chilli peppers.

8. Chilli can help clear congestion.

The capsaicin in Chillies stimulate mucous secretions to help clear mucous from your stuffy nose. The next time you feel a cold coming on, prepare a big batch of Chilli to help you breathe easier. It will help keep you warm too!



I hope these healthy reasons to eat Chilli give you a new perspective on an old favorite ingredient! Why not try making a pot of Chilli tonight for dinner? You will be giving your family a new taste experience as well as a boost in vitamins and minerals and many other healthy benefits.

Think of Chilli as a condiment, a spice that you add in moderation to your soups & meals. We all know someone that has the inhuman ability to chew into a meal of Chilli that would knock the socks off most others. Don't feel



that you have to be one of these people (perhaps they are related to birds).

I enjoy Chillies the most when there is just a hint of heat that does not spoil or overtake the intended flavour of the meal.

So don't be scared, embrace the Chilli and add a little tonight.

information in this brochure is not the direct opinion of the writer and was obtained from many publicly available sources.

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Chillies

Not so scary!

Just misunderstood



A guide to understanding
the Chilli Pepper

by Arizona Chilli Pepper Products Australia
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The History of the Chilli Pepper.



Contrary to popular belief, the chilli pepper did not originate in India. The chilli pepper comes from South America, although exactly where in South America it originated is a subject of much debate. One of

the earliest traces dates back about 8,000 years (+/- 6200 BC).

Chillies were found in burial sites in Peru and Indian tribes were known to string chillies around their canoes to ward off evils that may lurk in the water. By 1550 chillies had found their way into Asia, China, and the West Indies. Within another 100 years chillies had found their way to all corners of the world.

This misconception of the origin of the chilli stems back to the time of Columbus. Columbus believed he had discovered the Far East. He also believed he found a new type of black pepper - thus naming it pepper. What Columbus really found was not related to black pepper at all. It was referred to as ají by the local populations. Ají is what we now call the chilli pepper. Columbus took the pepper back with him to the Iberian Peninsula, and it quickly spread around the world. It spread so quickly, and became such a substantial part of Indian and some Chinese cultures, that for a long while the pepper was believed to have come from India or Indochina. Thus the popular belief that the chilli pepper originated in India.

The chilli pepper found a home in many countries. The Thai culture consumes more hot peppers than any other. The people of Thailand consume an average of five grams of hot peppers per person, per day. This is more than twice the average of the people of India. The Korean people are close behind the Thais. Kimchi, a common Korean food, is strongly spiced with dried red pepper.

Eating Chillies

Hot chillies are definitely an acquired taste, and once you are used to the fire... It's ADDICTIVE. During the eating of chillies, a chemical in the chilli, Capsaicin, irritates the nerve endings in your mouth and starts to numb it. When your body's nerves feel the pain induced by the chemical on these cells, they immediately start to transmit pain messages to your brain. Your brain receives these signals and responds by automatically releasing endorphins (the body's natural painkiller). These endorphins kick in and act as a painkiller and at the same time, create a temporary feeling of euphoria, giving the chilli-eater, a natural high. Interestingly birds are not affected by capsaicin and will happily eat a chilli, this is nature's way of ensuring the spreading of the chilli seeds.

The body's other responses include increasing the heart rate to increase the metabolism, increasing salivation in order to try and refresh the mouth and by increasing the rate of sweating by the body. Your nose also starts to run and the gastrointestinal tract slips into high speed.



Chilli Tips

Ideally, peppers should have their own separate cutting board and grinder. Subsequent foods can absorb capsaicin residue left behind on the surface.

When handling chillies, it's a good idea to wear rubber gloves. Capsaicin can burn on contact. The heat is volatile. Avoid breathing chilli fumes. Remember

that capsaicin is the ingredient used in the pepper spray!

The more finely you chop a chilli the faster the heat will disperse into the dish. Capsaicin is concentrated in the soft white membrane that holds the peppers seeds. There's more membrane near the stem so (contrary to popular opinion) that's the hottest end of a chilli. Pre prepared sauces are a much more convenient way of making sure you always have Chilli on hand for your meals.

In order to douse the heat when eating chilli peppers, try drinking milk or eating ice cream or yoghurt. These dairy products are especially effective at breaking down the Capsaicin oils, which are not soluble in water.

Beer and water will only spread the flames !! If you have really overdone it and nothing else works, take a spoonful of peanut butter and rub it around the inside of your mouth.

How hot are Chillies ?

The heat rating of chilli peppers is related to its Scoville number. The higher the number of Scoville Heat Units (SHU's) assigned to a chilli pepper, the greater will be its burn. The Scoville Scale was created in 1912 by William Scoville. I've listed here some of the more commonly used peppers. You can probably find most of them in your supermarket produce section.

Pepper	Scoville Rating	0 to 10
Bell Pepper	0	0
New Mexico Red	500-1,500	2-3
Jalapeno	2,500-5,000	5
Serrano	5,000-15,000	6
Tabasco	30,000-50,000	8
Thai	50,000-100,000	9
Habanero/Scotch Bonnet	100,000-300,000	10

The following pepper primer may help you choose the pepper with the heat and flavour that's right for you.

Jalapeno: The most popular pepper in North America. It boasts a solid but tolerable heat level and has a sharp pungent flavour. **Mild**

Chipotle (chee POHT lay): This wrinkled brown and red chilli is a Jalapeno pepper that has been mesquite smoked and dried. It's heat is substantial but bearable and it has a unique toasted smokey flavour. **Medium**

Japone (ha po ness): This searing incendiary chilli, used in many Oriental dishes, has a toasty, dried berry flavour. **Medium**

Hot Cayenne: This powdered spice has considerable heat with an acidic flavour. **Hot**

Tabasco: Used almost exclusively for the manufacture of Tabasco Pepper Sauce, this pepper packs a brutal punch. **Hot**

Habanero (ha ba NARROW): This fiery, naturally sweet, pepper is the hottest chilli in the world. **Searing**

Scotch Bonnet: A close relative of the Habanero, this pepper is incendiary. It has a fruity, smoky, flavour underneath big heat. **Searing**