

HOT PEPPER CHART

Dave DeWitt & Paul Bosland

Eating Well Magazine - October 2013

Name	(SHU)*	Description
Fresh New Mexican Chile	800 - 2,500	Long pods range from mild to medium and go from green to red. Ideal for stuffing.
Dried New Mexican Chile	800 - 2,500	The mature red pods are dried in the sun and used in many sauces in New Mexican cuisine. Similar heat to fresh.
Ancho	1500	This "wide" chile is a dried red poblano with a unique, raisiny aroma. They are mostly used in Mexican sauces.
Poblano	1,500	This large, mild pepper is dark green and turns red when mature. It is the chile of choice for stuffing in Mexico.
Aji Limon	2,000	The yellow pods from South America have overtones of citrus. They have medium heat and are used fresh in salads.
Padron	3,000	Eating this Spanish pepper sautee'd in olive oil is like roulette - some pods have no heat, others are medium.
Chipotle	3,000 - 5,000	Dried red jalapenos are smoked then used in sauces. They are sold in cans in adobo sauce.
Jalapeno	3,000 - 5,000	This Texas favorite has medium heat and is used in both fresh salsas and cooked sauces.
Serrano	10,000 - 15,000	Smaller and hotter than the jalapeno, the serrano is green maturing to red. Used similarly to jalapenos.
De Arbol	15,000 - 30,000	Usually ground into powder and used as a condiment, this thin hot pod is about three inches long.
Rocoto	30,000 - 50,000	The quite hot bell-pepper-shaped pods are stuffed in Peru and used in salsas in the U.S. and Mexico.
Habanero	80,000 - 250,000	This chile from the Yucatan is super-hot and mainly used in hot sauces and fresh fruit salsas.

*Scoville Heat Units