

# How Do I Know Which Kind of Hot Pepper I Should Use In My Cooking

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Scoville Heat Units provides the measurement of a food's spice level.

## **Poblano Peppers**

Scoville Index: 1,000 – 2,000

They're great for grilling and stuffing because of their thick walls and mild, earthy flavor. Once ripened and dried, they're called ancho peppers.

## **Jalapeno Peppers**

Scoville Index: 2,500 – 8,000

For most people, these popular peppers have just the right amount of kick. Most of the heat is in the membrane and seeds. Remove them to reduce the intensity.

## **Serrano Chiles**

Scoville Index: 10,000 – 25,000

Serranos look like a smaller version of jalapenos and are a good step up on the heat scale. They're delicious roasted and diced into salsas.

## **Cayenne Peppers**

Scoville Index: 30,000 – 50,000

You can find these peppers fresh, but you're likely more familiar with the dried, ground version used in soups, meat rubs and desserts.

## **Habanero Peppers**

Scoville Index: 150,000 – 350,000

This little pepper packs a fierce heat with a subtle, fruity flavor. They're usually orange in color and are tasty in sauces and jerk recipes.

## **Ghost Peppers**

Scoville Index: 855,000 – 1,041,427

These blazing peppers were once considered the hottest in the world (bested by Carolina Reapers in 2013). Proceed with caution!!!