

Habanera Peppers



The **habanera** is the hottest chile pepper you'll find in your local grocery stores and they are very, very hot. Unripe habaneras are green, but the color at maturity varies. Common colors are orange and red, but white, brown, and pink are also seen.

How to buy:

Fresh habaneras can be found in the produce section of specialty markets and supermarkets. Choose fresh, bright chiles with deep colors, avoiding those that look wrinkled or soft.

Preparation:

Use caution when handling these chiles. Habaneras are so hot that they can instantly irritate the skin on the hands and it can be excruciating if they come in contact with the eyes. Wear thin disposable surgical gloves while working with hot chiles, and don't touch your face until gloves are removed. Use fresh habaneras sparingly in salsas and hot sauces.

How to use:

Habaneras are used in a variety of recipes. They are used mainly for sauces in both fresh and dried form.

Storage Tips:

They can be stored in plastic, wrapped in a paper towel, for up to two weeks in the refrigerator.

Recipes

HABANERO SALSA:

- 4 small red ripe tomatoes chopped
- 1/4 cup minced red onion
- 2 tablespoons chopped cilantro
- 2 tablespoons chopped parsley
- 2 cloves garlic, finely chopped
- 1/4 teaspoon ground cumin
- 2 teaspoons fresh lime juice
- 1 teaspoon finely chopped habanera pepper
- Salt

Mix all ingredients together. Serve at room temperature.

Fresco Salsa Recipe

- 6 roma (plum) tomatoes, diced
- 1 sweet onion, diced
- 1 medium red bell pepper, diced
- 1 medium yellow bell pepper, diced
- 1 bunch cilantro, finely minced
- 1 lime, juiced
- 1 teaspoon salt, or to taste

In a bowl, mix the tomatoes, onion, red bell pepper, yellow bell pepper, cilantro, lime juice, and salt. Cover and refrigerate until ready to serve.

Avocado Mango Salsa

- 1 avocado - peeled, pitted and diced
- 1 lime, juiced
- 1 mango - peeled, seeded and diced
- 1 small red onion, chopped
- 1 habanera pepper, seeded and chopped
- 1 tablespoon chopped fresh cilantro
- salt to taste

Place the avocado in a serving bowl, and mix with the lime juice. Mix in the mango, onion, habanera pepper, cilantro and salt.

