



Chilli Hotness Guide

Pepper, chili, chile, capsicum & chilli (as referred to in this book) are used interchangeably to describe the plants of the genus *Capsicum*.



The Scoville Scale



The Scoville Scale is a method for measuring the strength of capsicum in a pepper in Scoville units (SHU), which indicates parts per million of **capsaicin**, a potent chemical that gives them their fiery sensation and that survives both cooking & freezing. Apart from the burning sensation, it also triggers the brain to produce endorphins, natural painkillers that promote a sense of well-being. Chillies also decrease the risk of heart disease, reduce inflammation, improve digestion (eg. cayenne for ulcers), maintain bone health (high in calcium), lower cholesterol, boost circulation & burn fat.

Scoville Units	Pepper Variety
15,000,000-16,000,000	pure capsaicin
2,000,000-5,300,000	Pepper Spray
1,500,000-2,000,000	Trinidad Moruga Scorpion
855,000-1,463,700	Bhut Jolokia, Dorset Naga, 7-Pot
350,000-580,000	Red Savina Habanero
100,000-350,000	Piri Piri, Habanero, Scotch Bonnets
50,000-100,000	Bird's Eye/Thai/Indian, Pequin
30,000-50,000	Cayenne, Ají, Tabasco
10,000-23,000	Serrano, Peter, Aleppo, Chipotle
3,500-8,000	Jalapeño, Guajillo, Paprika
1,000-2,500	Anaheim, Peppadew, Poblano
100-900	Pimento, Peperoncini, Cubanelle
0-100	Bell, Aji Dulce

