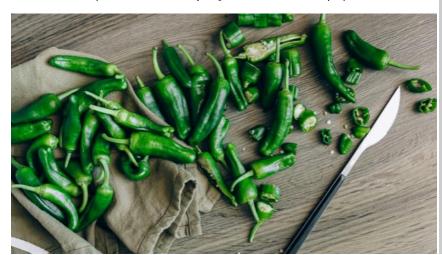
Hot Peppers

This recipe will make as many as you wish to (dare to) prepare



Ingredients

carolina reapers (10-15 to make 1 cup diced) jalapenos (4 large make about 1 cup diced) anaheim peppers (2 medium peppers make about 1 cup diced) OR your hot pepper of choice

Directions:

- 1. GEAR UP! Be cautious! When handling extremely hot peppers, wear gloves, eye protection and a respirator mask. Work in a well-ventilated area—outdoors is ideal. Save the hottest peppers for last to minimize exposure
- 2. Cut off the tops of your peppers and chop. Remove the seeds if you intend on storing long term
- 3. Spread out across parchment lined trays
- 4. Pre-freeze
- 5. Freeze dry (my cycle time was about 20 hours)
- 6. I stored mine several different ways:
 - a. I powdered the Reapers using a food processor (wearing a respirator mask). I would also recommend gloves and eye protection. I would recommend doing this in your garage or outside
 - b. I stored the rest as chopped, in small portions, to throw into stir fries and eggs as I cook.
 - c. I added some straight to freeze dried egg powder, added the water for the eggs, mixed and let them stand, and then cooked

Rehydration:

To rehydrate, flood peppers in cold water. They are also great to add to your favorite recipe to give it some kick!

Notes:

These are also a great freeze dried pantry staple.

Calories: 4 Protein: 0 g Fat: 0 g Carbohydrates: 1 g Sugar: 0.5 g Fiber: 0.5 g