

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.

Nutritional Value Per 1 medium jalapeno

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