

Cayenne



History

Cayenne pepper dates back thousands of years, when Central and South American cultures used it for its fiery flavor and purported medicinal properties. They must have been onto something, because today it's a staple in many cuisines worldwide, adding a spicy kick to dishes like chili, curries, and marinades. Even hot chocolate can benefit from a little of this long, skinny pepper.

Cayenne spice isn't just good for the palate - it's good for the body, primarily due to its active compound, capsaicin. It's rich in vitamins and antioxidants, Doctors have even said that it can slightly boost your metabolism and reduce hunger, while improving digestion (just don't go overboard in your capsaicin consumption).

There are a few varieties of cayenne pepper, including the regular hot, pungent one along with sweet cayenne, with a milder heat that suits those who prefer less spice. You can also opt for a Carolina cayenne, which has twice the heat, if you're really brave. You can adjust and even combine them to add depth and complexity to your dishes and tailor the flavor to your desired heat level.

Blackened Salmon Fillets

INGREDIENTS

- 2 tablespoons ground paprika
- 1 tablespoon ground cayenne pepper
- 1 tablespoon onion powder
- 2 teaspoons salt
- ½ teaspoon ground white pepper
- ½ teaspoon ground black pepper
- ¼ teaspoon dried thyme
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- 4 salmon fillets, skin and bones removed
- ½ cup unsalted butter, melted



DIRECTIONS

1. Mix paprika, cayenne pepper, onion powder, salt, white and black pepper, thyme, basil, and oregano together in a small bowl.
2. Brush salmon fillets on both sides with 1/4 cup butter, and sprinkle evenly with the spice mixture.
3. Heat 2 tablespoons melted butter in a large, heavy skillet over high heat. Add salmon and cook until blackened, 2 to 5 minutes.
4. Lift fillets, add remaining melted butter to the skillet, and flip fillets into the butter. Cook until the other side is blackened and fish flakes easily with a fork, 3 to 5 minutes.

Find it online: <https://www.allrecipes.com/recipe/36487/blackened-salmon-fillets/>

Spicy Roasted Chickpeas

INGREDIENTS

- 15 oz chickpeas, 1 can, drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon cayenne pepper
- ½ teaspoon salt

INSTRUCTIONS

- Preheat oven to 400°F (200°C).
- Carefully dry the chickpeas. Removing the skins is optional and they will come off easily. The drier you get them, the crunchier they'll be!
- In a medium bowl, add dried chickpeas, olive oil, cumin, chili powder, cayenne pepper and salt. Toss well to coat evenly.
- Spread chickpeas out on a parchment paper-lined baking sheet.
- Roast for 15-20 minutes.
- Mix around on baking sheet and roast for additional 15-20 minutes, or until browned.
- Cool for 5-10 minutes.



Find it online: <https://tasty.co/recipe/spicy-roasted-chickpeas>

Fizzy Morning Juice

INGREDIENTS

Cayenne Pepper Syrup

- 1/2 cup sugar
- 1/2 cup water
- 1 teaspoon cayenne

Fizz 'n Fruit Energizer

- 1/2 cup diced peeled Granny Smith apple, (1/2-inch dice)
- 1/4 cup sliced seedless cucumber, plus additional slices for garnish
- Ice cubes
- 1 cup sparkling clementine juice

Instructions:

1. For the Cayenne Pepper Syrup, mix sugar, water and red pepper in small saucepan. Bring to simmer on medium heat. Simmer until sugar is dissolved. Remove from heat. Cool. (This makes enough syrup for 8 drinks.)
2. For the Fizz 'n Fruit Energizer, divide apple and cucumber among 2 beverage glasses. Pour 2 tablespoons of the Cayenne Pepper Syrup into each glass; muddle with a muddler or wooden spoon. Fill each glass with ice cubes. Top each with 1/2 cup sparkling clementine juice. Garnish with cucumber slices, if desired.



Find it online: <https://www.mccormick.com/recipes/beverages-cocktails/fizz-n-fruit-energizer%20>