

# HOT SAUCE MAKING KIT

Everything you need to know about making hot sauce your way.

## GET TO KNOW YOUR CHILIS

### What's in this kit?

This **HOT SAUCE Making Kit** allows you to easily craft your own high-quality hot sauces from home. We've provided you with 3 bespoke spice blends, hand-selected by our team in Berlin, for effortless gourmet flavors. Customize your spice level by experimenting with our selection of included chilis, ranging from 2,000 to 1,500,000 Scoville Heat Units (SHU). Welcome to your new favorite hobby.

- 3 spice blends
- 5 Chilis (Charapita, Carolina Reaper, Cayenne, Green Jalapeño, Ancho)
- apple vinegar
- 3 glass bottles with screw caps
- 2 squeeze serving bottles
- 5 bottle labels to personalize
- fun sticker sheet
- pair of gloves
- foldable funnel

In addition, you'll only need:

- salt and pepper
- pot with lid for cooking
- kitchen scale (or teaspoons/tablespoons)
- measuring cup (or 150 ml bottle from the set)
- blender (or boil longer and mash with a fork)
- strainer (or a dish towel)

### Hot pepper history

Chilis are actually fruits from the genus *Capsicum*, which includes 38 types of nightshades ranging from the super-spicy (like the Carolina Reaper) to the sweet (like bell peppers). Domesticated hot chilis were first grown in Central and South America and eaten by Europeans since the 16th century. Some indigenous cultures have also used hot peppers as part of religious rituals and superstitions. For example, Aztec traders would sometimes place a chili pepper between two strips of fabric for better sales.

### What's a Scoville heat unit?

Spices and chilis affect everyone differently. The Scoville Scale (measured in Scoville Heat Units, or SHU) helps chefs and diners to anticipate the heat factor of a certain sauce's flavor profile. More specifically, the Scoville Scale indicates what the ratio of chili to water would need to be until the pepper's spicy taste has disappeared. Pure *capsaicin* – the chemical compound in hot peppers that creates the burning sensation of spice – has a Scoville value of 16M SHU. This means you need to dilute one drop of capsaicin in 16M drops of water to neutralize it.

The hottest pepper in this kit is the enclosed Carolina Reaper, with 1.5M Scoville Heat Units. That's a lot of water!

### Are the seeds the spiciest part?

While many people think that the seeds contain most capsaicin (the chemical compound that makes chilis spicy) in a pepper, that's actually not quite right. It's the pepper's placenta – the spongy white tissue at the fruit's centre – that holds the chili's maximum spice. The seeds don't contain any capsaicin at all, but because a pepper's placenta often coats them, they can taste spicy. That means that while the seeds may not be hot, the coating on them is.

### If you can't take the heat: what to do when the sauce gets too hot

**Sweating... eyes watering... mouth burning...** The feeling of eating something too spicy can be very uncomfortable. The Carolina Reaper included in this kit is no joke: We recommend testing your limits slowly, working up to a higher spice level in baby steps.

However, if you have been a bit too brave, we're here for you:

- Drink milk, not water! Capsaicin, the chemical compound that creates chili peppers' signature burning sensation, doesn't dissolve in water. That means no matter how much water you drink after a big, spicy bite, your mouth will keep burning. Instead, we recommend a big gulp of cold milk. With up to 3.5% fat, milk frees your mouth's pain receptors from capsaicin.
- Better still is ice cream: When milk isn't enough, pick your favorite flavor and help yourself until it's all over. (What *can't* ice cream do?)
- Learn from it: Even though you might feel happy later, try to reduce the amount of spice you eat next time. Too much spice can put your body under a lot of stress!

## FIND YOUR FLAVORS

### Smoky, classic, tangy: meet the spice blends

*Note:* All included spice blends in this kit are natural and, therefore, may appear very dry. However, they are still good to use and will not have expired. Please store in a dry place away from direct sunlight.

**BASIC** *Ingredients:* onion and garlic

Two kitchen classics – onion and garlic – form the perfect base for your very own hot sauce. Thanks to the unique, intense flavors of onion (*Allium cepa*) and the spicy, slightly sweet garlic (*Allium sativum*) notes, your chilis will stand out and pair easily with this subtle, familiar, and fragrant blend.

**FRUITY** *Ingredients:* mango, turmeric, ginger,

galangal and cumin

Add a fruity flavor to your hot sauce with this spice blend. The turmeric's bitter, slightly spicy, and earthy-woody flavor pairs with the fruity, slightly sweet ginger. This mix is topped with fresh notes of tangy mango and warm cumin and galangal, creating a rich, tropical flavor perfect for summery meat dishes and curries.

**SMOKEY TOMATO** *Ingredients:* tomato, smoked paprika and Herbes de Provence A sweet mix of tomato and smoked paprika meet light, floral Herbes de Provence for a versatile, European-feeling blend that can be used on anything from ratatouille and tomato soup to roasted chicken and pasta. This subtle mix is not particularly spicy, leaving much room to play with additional heat when making your own sauce.

### Why do I need apple cider vinegar?

Rich, fragrant apple cider vinegar is a useful ingredient in making hot sauce, particularly if you're hoping for a slightly sweet, tangy taste. This fresh, acidic vinegar is made from fresh apples, sugar, and yeast. Some believe apple cider vinegar can positively affect cholesterol levels and metabolism.

*Note:* Cider vinegar is a natural product. It has no expiration date; even if it appears lumpy, it is still good to use.

### Choose Your Chilis: from sweet to scorching

This box comes with 5 chilis, which range in heat from 2K to 1.5M Scoville Heat Units (SHU). Our Berlin team hand-selected these chilis to help you craft your very own delicious hot sauces. You're in charge, and creativity is encouraged! Learn more about the flavors before you start cooking.

**ANCHO** — *the sweet one*

Origin: **Mexico**, Scoville: **2K SHU**,

Aroma: **smoky, fruity and sweet**

This mild chili is made using reddish-black dried poblano peppers. These popular peppers are a key ingredient in Mexican cuisine, where they're used for rich, flavorful sauces. These chilis are fragrant, smoky, earthy, and sweet, with a fruity aroma and hints of prunes, coffee, tobacco, licorice, and raisins.

**GREEN JALAPEÑO** — *the popular one*

Origin: **Mexico**, Scoville: **5K SHU**, Aroma: **spicy and fruity**

The name jalapeño (pronounced: 'ha-la-pain-yo') is Spanish for "from Xalapa" (also spelt "Jalapa"), the capital of Veracruz, Mexico, where the chili was traditionally cultivated. Jalapeños come in different shades from green to red and are one of the most popular hot peppers in the world – even when they're immature and less spicy. These medium-hot peppers are grassy and fresh, with a fruitier, hotter when they're red and ripe.

**CAYENNE** — *the versatile one*

Origin: **Peru**, Scoville: **10K SHU**, Aroma: **fruity and floral**

This classic chili is one of the most common spices in the world. This fruit's long, skinny peppers are named after the Cayenne region, the capital of French Guiana. When ground into a chili powder, Cayenne comes with a medium-hot, smoky flavor when ground into a chili powder. In hot sauces, cayenne is often paired with garlic, citrus (like lemon or lime), and white wine vinegar, but it can also be complemented with flavors like maple syrup and cilantro.

**CHARAPITA** — *the expensive one*

Origin: **Peru**, Scoville: **50K SHU**, Aroma: **fruity, floral and elite**

The luxurious Charapita chili comes from the border region between Peru and Brazil. As one of the three most expensive spices in the world, Charapita is also called "caviar chili". Even though Aji Charapitas are very petite, their 50K Scoville rating means they pack a punch! Next to the Charapita's fiery heat, this chili has an incomparably fine, fruity, flowery, and aromatic flavor. In Peru, Charapitas are primarily used to season sauces and salsas, adding a tangy, tropical flavor.

**CAROLINA REAPER** — *the hot one*

Origin: **USA**, Scoville: **1.5M SHU**, Aroma: **extremely spicy,**

**fruity and sweet**

The Carolina Reaper is the world's hottest chili and not for the faint of heart. Since 2013, this pepper – named after the deadly Grim Reaper – has held the Guinness World Record for spiciness with a jaw-dropping 1.5M Scoville rating! This chili is bred by Ed Currie of the Pucker Butt Pepper Company, who grows this special variety in South Carolina. Despite its incredible heat, the Carolina Reaper has a surprisingly aromatic, fruity, and sweet taste, with hints of cherry and chocolate. The Carolina Reaper is suitable for tomato or bell pepper sauces in small quantities. *Note:* Please use this chili cautiously; it is not for inexperienced chili tasters!

## GETTING STARTED

### Our prep recommendations

We recommend gathering all the supplies before preparing the sauce: a small bowl, small pot, measuring cup, blender, and funnel.

If the amount of apple cider vinegar is insufficient, you can use any other apple vinegar. *Note:* apple cider vinegar is a natural product, and cloudiness may occur.

**Before you start, please make sure to wear gloves when handling chilis. Do not touch your eyes, nose, pets or others. Wash your hands thoroughly after handling the sauces. Note:** be cautious of the fumes and ensure good ventilation in the house.

Our ingredients are all-natural and free of additives. If the spice blend forms lumps, this does not reduce the quality. The provided recipes are amazingly delicious. Yet, we encourage you to experiment with the heat levels and consistency of the sauces. **You got what it tastes!**

### Step-by-step instructions

1. Remove existing stems from chilis. Place chilis in a small bowl, pour hot water over them, cover and let steep for 5-10 minutes. Drain the water.
  2. Add drained chilis, water, apple cider vinegar and other ingredients to the pot and boil briefly for 1-2 minutes. Then turn down the heat and simmer for another 5 minutes at medium temperature.
  3. Remove the mixture from the stove, pour in the blender and mix for 1-2 minutes.
  4. Boil the glass bottle for 10 min. This process will disinfect the bottles and make your hot sauce last longer.
  5. Pour the sauce from the blender into the glass bottle using the funnel.
  6. Close the bottle with the lid. Use the sticker to label your hot sauce bottle.
  7. Your hot sauce is now ready! You can store it in the fridge for up to 2 months. You can use the small squeeze bottles for easy serving.
- Follow these instructions to create your own hot sauce with the recipes below. **Enjoy!**

### Recipes

#### 1. SMOKEY TOMATO HOT SAUCE 🔥

*Ingredients*

- 15g Ancho (1 whole Ancho)
- 1 tbsp Cayenne
- 2 tbsp Smokey Tomato spice mix
- 50 ml apple cider vinegar
- 100 ml water
- ½ tsp salt
- 1 tbsp sugar

#### 2. GREEN CHILI HOT SAUCE 🔥🔥

*Ingredients*

- 3 tbsp green Jalapeño flakes
- 150 ml apple cider vinegar
- 100 ml water
- 1/2 tsp salt

#### 3. CARIBBEAN TWIST HOT SAUCE 🔥🔥🔥

*Ingredients*

- 2 tbsp Cayenne
- 1/3 vial Charapita
- 2 tbsp Fruity spice mix
- 120 ml apple cider vinegar
- 60 ml water
- 1 tbsp sugar

#### 4. YELLOW CHARAPITA HOT SAUCE 🔥🔥🔥🔥

*Ingredients*

- 2/3 vial Charapita
- 1tbs Basic spice mix
- 120 ml water
- 60 ml apple vinegar

#### 5. ULTIMATE HOT SAUCE 🔥🔥🔥🔥🔥

*Ingredients*

- 1 Carolina Reaper
- 1 tbsp Cayenne
- 1 tbsp Basic spice mix
- 120 ml apple vinegar
- 60 ml water