

food & nutrition

Fired Up

Some like it hot...and others like it really* hot. Heat-heavy condiments should come with their own guide, so we created this decoder for any palate.



Photographed by Jenny Huang

TEXTURED

Momofuku Chili Crunch

Layers of heat from peppers and seeds meld with crunchy garlic and mushroom powder to make every bite unique.

WHY IT'S OUR FAVE

Its umami boost is clutch when scattered on eggs, shrimp, and cucumbers.



Haven's Kitchen Herby Chimichurri

Mildest of the crew, this bright and citrusy pick packs plenty of zest.

WHY IT'S OUR FAVE

Light, herbaceous notes work really nicely with any protein or veg.

House Foods Shichimi Togarashi

A sprinkle of this seasoning (the name means "chili pepper" in Japanese) is loaded with sesame, chili flakes, and dried seaweed, and pumps up rice, soup, avo toast, and more.

WHY IT'S OUR FAVE

The colorful flecks look like confetti (with a kick!).



Bazodee Hot Hot Soca Sauce

The papaya base offsets a combo of habaneros and Trinidad scorpion peppers for a fruity yet red-alert-seriously-spicy sauce.

WHY IT'S OUR FAVE

It'll satisfy even the most hardcore thrill seekers.

Mina Spicy Harissa

Tongue-tingling chili sauce from North Africa is acidic, savory, and rich (thanks to the addition of olive oil).

WHY IT'S OUR FAVE

Sandwiches get an instant upgrade with a spread of this one.



Mother in Law's Gochujang

Created with gochugaru (a Korean red pepper) and a blend of flours, this paste will add a kick, along with mild sweetness, to marinades and sauces.

WHY IT'S OUR FAVE

It's fermented, which means you get an added gut-happy benefit.



Fix Sriracha

This five-ingredient, drizzle-over-everything condiment masters the complicated balance of sweet and salty...and adds warming spice too.

WHY IT'S OUR FAVE

The clean heat equals versatility, pairing perfectly with any meal.

! Capsaicin (the chemical that gives chiles their flavorful zing) has anti-inflammatory properties. Good for your dish...and your body!

MILD

SPICY

SMOOTH