



## The Chile Pepper Bible: From Sweet to Fiery and Everything in Between

*Judith Finlayson*

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Contrary to popular belief, a pepper does not need to make your eyes water or start a fire in your mouth to qualify as a chile. Chile is simply the common name for the fruit of the capsicum plant. Chiles come in a wide variety of colors, shapes and flavors.

This comprehensive book (which serves as both a reference and a cookbook) from bestselling author and expert researcher Judith Finlayson takes you through the many varieties of chiles and provides absorbing information on everything from the historical and geographic origins of chiles, information on The Scoville Scale (it measures the hotness of a chile and was invented by Wilbur Scoville), health benefits and finally, 250 delicious and inventive recipes.

From fiery Tex-Mex inspired meals to savory and sweet Thai, this collection of recipes are sure to make you a lover of all things chile!

Here's just a tempting sample of the dishes that await you:

- Appetizers like Cheese Arepas, Fresh Cucumber Kimchi, Guacamole, Indian-Style Roti are the perfect jumping off point for any dinner and sumptuous soups like Mulligatawny, Thai Coconut Chicken and Pepper Black Bean Soup bring warmth and comfort on a cold winter's day.

Chiles add their wonderful and distinctive flavor to fish and seafood and this is highlighted beautifully in Jamaican-Style Fish Cakes, Paella, Shrimp Creole, Bahia-Style Chowder. And Judith's beef and veal recipes marry beautifully with chiles -- resulting in delectable Mexican Meatballs, Chinese Beef with Orange, Beef Fajitas and Ropa Vieja.

There are also recipes for sides, fresh salsas, sambals and chutneys, not to mention sauces, marinades, dressings and condiments.

You're sure to enjoy the wealth of information and recipe in this book that's dedicated to the delights of chiles.



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