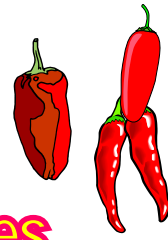


ANOTHER HERB HERBERT FACT SHEET

SPECIAL INTEREST HERBS



Drying and Storing Chillies

If you are a fan of incorporating herbs and spices in your cooking, you would already know the importance of using fresh produce. Good quality chillies will have a degree of flexibility, indicating freshness. They should also have a good aroma, like fresh spices. When you cannot purchase fresh herbs or Chillies, the alternative is to use dried. Drying intensifies and increases the flavor of a chilli and creates a higher concentration of natural sugars. Always select unbroken fruits to dry, or the essential oils that are contained in the flesh will evaporate and lose their unique flavor. There are a number of ways to dry and store your herbs and spices.

Like herbs, Chillies can be dried naturally or in an oven, also be aware if you want to re-hydrate your dried chillies placing them in heated water will cause them to lose their flavor, so here are some helpful hints to help you dry and store your chillies;



NATURALLY DRYING

You need to hang your Chillies in a warm dry airy dark position. This does seem a little difficult but a basement or garage or garden shed is quite a good place. You need low light so the chillies do not lose their color; inside a paper bag hanging is ideal. Once thoroughly dry, store chillies in an airtight container in a cool, dry, dark place eg pantry or cupboard. They will need to be well dried so they do not go mouldy in the jar. Although it is possible to store them for an extended period of time, it is better to use them within six months.

1 Place chilli's
in a paper
bag



2 Seal and hang
in a warm dark
place to dry



3 Once dry
place in a
sealed air
tight
container



OVEN DRY ROAST

Place your Chillies in an oven at 250 degrees and dry roast them for 3-4 minutes. Shake them once or twice and be careful not to scorch them or else they will taste bitter, this in turn will make the food taste bitter.

Put away for another day

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