

HARMONS

Family owned, locally operated.

DO-IT-YOURSELF ANAHEIM CHILE ROASTING

BLISTERING: There are several ways to blister pepper skin for easy removal. Fire-Roasting, steam injection, microwave heating or any other source of high heat applied directly to the surface of the pepper will cause the skin to blister. Roasting slowly over a flame creates caramelization of sugars, which adds distinct flavor to final product.

- Oven or Broiler Method: Place chiles in a hot oven or broiler at 400°F for 6-8 minutes or until skin blisters away from the flesh of the chile.
- Range-Top Method: Cover gas or electric burner with a layer of heavy wire mesh and place chiles on mesh once it's hot. Remove once skin is blistered
- Outdoor Grill Method: Place on a charcoal or gas grill about 5-6 inches above heat source. Remove once chile skin is blistered. After blistering, chill chiles immediately to ensure food safety.

PEELING: Peeling the skins is eased by placing the roasted peppers in a microwave safe or heat tolerant covered container or Ziploc bag (food grade) that will allow steam to release from the roasted peppers. Once cooled, the blistered skin will pull off the chile flesh with a gentle tug and an occasional rinse with water. Whole peppers can be frozen unpeeled and are easier to peel after freezing.

PACKAGING: For safety and quality, roasted peppers should be completely cooled in an ice bath or refrigerator to less than 40°F. within 2 hours following exposure to heat, and must be used or frozen within 3 days of storage in the refrigerator. Pack unpeeled chiles in Ziploc bags, heavy aluminum foil or freezer wrap; press down to remove air; seal. Peeled chiles, whole or diced, can be packaged in Ziploc bags or rigid containers of glass, metal or plastic. Leave ½ inch of headspace. Label and date.

CAUTIONS:

Wear gloves and glasses to protect your skin and eyes from possible contact with the capsaicin oil that produces the heat found in chiles. To remove capsaicin from your skin, rub the affected area with olive oil or vegetable oil, wipe off with a paper towel, and then wash thoroughly with plenty of soap and water and dry with a paper towel. This is especially important before engaging in other activities where your hands may touch your skin. If you wear contact lenses, you may want to remove them before processing hot chiles.