

Black Pepper

Cooking

Black pepper can be added to almost any savory dish imaginable but surprisingly, it can also be added to sweet biscuits and cakes in order to spice them up and add a quirky twist.

- Add to salad dressings with salt, olive oil and cider vinegar.
- Black pepper can be added to strawberries or pineapple.
- It can be added to soups, stocks, sauces, marinades and stews.
- Use to make pepper sauce.
- Add to biscuit mixtures for spicy sweet biscuits.
- Season food with black pepper.

Benefits

- Black pepper induces sweating, which consequently cools down the body and relieves feverish symptoms.
- Black pepper is useful for those with poor circulation.
- It is said to promote mental clarity, which is useful when studying.
- It can help clear up colds, viral infections and flu when prepared in a tea.
- Black pepper helps to prevent gas and flatulence.
- It induces urination, which is good when the kidneys are not functioning properly.
- Black pepper is a powerful anti-oxidant.
- It is antibacterial, which was useful for meat preservation before the time of refrigerators.
- Black pepper helps to break down and digest fats and meat proteins much more easily, as it induces the production of saliva and gastric juices needed for digestion in the stomach.

