

Chilli Pepper– Mirch

Cooking

Chili pepper pods, which are berries, are used fresh or dried. Chiles are often dried to preserve them for long periods of time. Preserving may also be done by pickling fresh chilies. Dried chilies are often ground to powders, although some Asian may use whole reconstituted chilies, and others may reconstitute dried chilies before grinding to a paste.

There is a range of "hotness" between pepper varieties and sometimes also within the same varieties. Therefore, each time you cook with them you may need to adjust the amount you use. Before adding chili peppers to a recipe, taste a little piece to determine the spice level, so you will know how much to add.

Benefits

- Capsaicin is a safe and effective topical analgesic agent in the management of arthritis pain, herpes zoster-related pain, diabetic neuropathy, post mastectomy pain, and headaches
- Red chili peppers, such as cayenne, have been shown to reduce blood cholesterol, triglyceride levels, and platelet aggregation, while increasing the body's ability to dissolve fibrin, a substance integral to the formation of blood clots.
- Chili peppers' bright red color signals its high content of beta-carotene or pro-vitamin A.
- Red chili peppers' capsaicin, the compound responsible for their pungent heat, stops the spread of prostate cancer cells through a variety of mechanisms
- Lose weight: Red peppers have been found to contain substances that significantly increase thermo genesis (heat production) and oxygen consumption for more than 20 minutes after they are eaten.

