

Green Chillies

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Green Chillies are an immune system stimulant and an anti-inflammatory agent.

GEEK TALK

Capsicum annuum L.; *Capsicum frutescens* L

BUT WE TALK

Chile verde (Spanish), Harī mirca (Hindi), Paccai miḷakāy (Tamil)

DID YOU KNOW?

Chilies are the most important ingredient in many different cuisines around the world as it adds pungency, taste, flavor, and color to the dishes. Indian chili is considered to be world-famous for its color and pungency levels.

The “heat” of chili was usually measured in Scoville heat units (SHU), which is a measure of the dilution of an amount of chili extract added to sugar syrup before its heat becomes detectable to a panel of tasters.

Green Chili is a fruit of pepper family from the genus *Capsicum*. *Capsicum* is derived from the Greek word “Kapsimo” meaning “to bite.”

Chili is considered as one of the most important commercial spice crops and is widely used across universe, so named as a wonder spice.

Chile, beans and corn have been described as the “basic ingredients of New Mexico cooking”. Within New Mexico, green Chile is a popular ingredient in everything from enchiladas and burritos to cheeseburgers, French fries, bagels, and pizzas, and is added to the standard menu of many national American food chains.

India is the world’s largest producer, consumer and exporter of green Chili followed by China & Pakistan. In India, Andhra Pradesh produces 75% of all exports from India and Guntur, the

city from Andhra itself produces 30% of total chilies produced in India.

KITCHEN PHARMACY

- Fresh Chili are very rich in vitamin C when compared to oranges, which makes them very effective as immune system stimulants and healing agents especially for cellular damage.
- While drying, Chili loses most of its vitamin C but increases the vitamin A content by 100 times.
- Vitamin A is a powerful antioxidant and anti-inflammatory agent.
- Chili preparations have been used as a gargle to treat sore throat and laryngitis.
- Chilies do not aggravate or cause stomach ulcers, in turn, they have preventative effect, as stomach ulcers are mostly caused by bacteria and its antibacterial action kills such bacteria.