



## Radical Red Pepper Sauce

By Dylan Sabuco

**Prep Time** 5 / **Cook Time** 20 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**chop:** to cut something into small, rough pieces using a blade.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**combine:** to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

### Equipment

- ☐ Medium sauté pan
- ☐ Cutting board + kid-safe knife
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Liquid measuring cup

### Ingredients

Radical Red Pepper Sauce

- ☐ 1 red bell pepper
- ☐ 2 medium Roma tomatoes

- ☐ 1 pinch sugar
- ☐ 1 bay leaf
- ☐ 1 tsp salt
- ☐ 1 pinch black pepper
- ☐ 1 tsp vegetable oil
- ☐ 1/4 C water

## Food Allergen Substitutions

Radical Red Pepper Sauce

### Instructions

Radical Red Pepper Sauce

chop + measure + combine

Chop **1 red bell pepper** and **2 medium Roma tomatoes** into a large dice and add to a medium sauté pan. Measure **1 pinch of sugar**, **1 bay leaf**, **1 teaspoon salt**, **1 pinch of black pepper**, and **1 teaspoon vegetable oil** and add that to the pan with the chopped tomatoes and pepper. Turn the heat to medium and start sizzling.

stir + count

Stir the mixture for 5 minutes while it sizzles. Count to 10 in Spanish while you stir: 1 uno (OOnoh), 2 dos (dohs), 3 tres (trehs), 4 cuatro (KWAHtroh), 5 cinco (SEENkoh), 6 seis (SAYees), 7 siete (seeEHtay), 8 ocho (OHchoh), 9 nueve (NUehvay), 10 diez (DEEehs)!

simmer + stir

Turn the heat to low. Add **1/4 C water** and simmer for 10 minutes, stirring infrequently.

blend + simmer

Remove the bay leaf and discard. Blend the mixture thoroughly and return to a low simmer for at least 5 more minutes on low before serving alongside the Kid-Made Classic Croquetas (see recipe) or with your favorite pasta! Buen provecho!

## Featured Ingredient: Bell Peppers!

Hi! I'm Bell Pepper!

"Do you like your pizza with green pepper on top? If you do, then you'll like me! I'm a bell pepper, and we

come in different colors, like green, yellow, orange, and red. Plus, some of us are a bit sweeter than others. We bell peppers have colorful, glossy skin, and when you bite into one, it will taste fresh and crunchy. We're also very versatile and add distinctive flavor and texture to many dishes!"

## History

Bell peppers may be called sweet peppers or capsicum in other countries. They are members of the nightshade family, along with tomatoes, potatoes, and eggplants.

Peppers are native to the Americas. Spain imported their seeds in the late 1400s, and then they spread to the rest of Europe and Asia. Today, China is the largest producer of bell peppers and chili peppers, followed by Mexico, Indonesia, Spain, Turkey, and the United States.

The most popular bell pepper in the United States is the green bell pepper. Other peppers sold in the United States are hot peppers (also called chili peppers).

November is National Pepper Month!

## Anatomy & Etymology

Bell peppers are actually fruits, not vegetables! They are technically berries but are most often used as a vegetable.

The bell pepper is a tropical plant, preferring warm, moist soil to grow in.

Green and red bell peppers grow on the same plant. However, as the bell peppers mature and ripen, they change from green to red and become sweeter.

Bell peppers are large and bell-shaped. Depending on the variety, they can be brown, white, lavender, or dark purple, but the most common colors for bell peppers are green, yellow, orange, and red.

Bell peppers have crisp, thick flesh and smooth, waxy skin.

The scientific name for bell peppers is "*Capsicum annuum*." The scientific name for hot or chili peppers is "*Capsicum frutescens*."

The "pepper" name came when explorers introduced the plants in Europe. Europeans named them after the peppercorn or black pepper, which is unrelated.

The word "pepper" comes from the Old English "piper," from the West Germanic "pipor," related to the Dutch "peper," from the Greek "peperi," and from Sanskrit "pippalī," meaning "berry," "peppercorn."

## How to Pick, Buy, & Eat

You want to harvest bell peppers with the right color and sweetness when they're full size. You may want to use all green ones, and so you would pick them at their first stage of ripeness. Many recipes use green bell peppers. Next would be yellow, orange, and then red, the sweetest. You could pick them at each stage if you want multiple colors in your salad, for instance.

Bell peppers can be stored in your refrigerator's crisper drawer for one to two weeks. Then, refrigerate cut bell peppers for two to three days and cooked bell peppers for three to five days.

Bell peppers are a good choice for dishes where you don't want spicy pepper flavor because they don't produce capsaicin like other peppers. Bell peppers have a mild, sweet taste, but the flavors of other peppers can range from mild heat to extremely hot. A hybrid variety of bell pepper, the Mexibelle, is mildly spicy due to a small amount of capsaicin.

Paprika is a powdered red spice made from dried red bell peppers. People often associate paprika with Hungarian cuisine, especially since the name comes from the Hungarian language. However, cooks in many European and other countries use it regularly to color and flavor foods. For example, they add it to soups and stews, sprinkle it over the tops of meats, or add it to other seasonings to make rubs for grilling. Paprika is also often found in sausages. Because red bell peppers are mild and sweet, paprika is usually not as spicy as ground chili pepper. However, paprika can add a little heat to a dish, especially when using certain varieties.

One-half of a medium bell pepper counts as one serving.

Bell peppers are good to eat raw or cooked. They are often chopped and added to dishes such as salads, soups, omelets, stir-fries, fajitas, and pizza, but they can also be hollowed out, stuffed with a meat, veggie, and rice filling, and baked.

## Nutrition

Bell peppers are a low-calorie food and are 94 percent water. They are also nutritious, with 97 percent of the daily value of vitamin C. Bell peppers of all colors have a high amount of vitamin C and beta-carotene, but the red bell pepper contains 1.5 times the amount of vitamin C and eleven times the beta-carotene as green bell peppers.

Vitamin C is an antioxidant that improves your immune system to prevent heart disease and cancer. It also helps your body to absorb and store iron. It helps remove excess fluid from your body, reducing pressure in blood vessels. In addition, vitamin C may help reduce elevated blood sugar levels, and it aids in creating collagen, which is needed for wounds to heal.

Beta-carotene gives yellow, orange, and red fruits and vegetables their color. Beta-carotene is an antioxidant, and it converts to vitamin A in the body, which can help prevent age-related macular degeneration.

Fiber improves your digestive health and, by slowing down the speed of sugar absorption by the body, helps reduce the risk of diabetes.