

Recipes



Cayenne, *Capsicum annuum* Cayenne Group

Tips

- Add ground or powdered cayenne to seasoning blends, rubs and marinades for a pungent flavor and spicy heat.
- Sprinkle powdered cayenne sparingly over foods and into soups, stews, and sauces as well as egg dishes.
- Mix chopped fresh cayenne into sautéed vegetables.
- Add a pinch of cayenne to hot chocolate for a spicy version of the drink.
- Sprinkle on watermelon for a sweet heat treat.
- Add to hummus, guacamole and other dips.
- Toss popped popcorn with parmesan cheese and cayenne to taste.
- The capsaicin is in the membrane surrounding the seeds. Remove this to control the level of heat added to dishes or to use the rest of the pod.

Spicy Herb Roasted Nuts

1 ½ cups almonds	1 ½ teaspoons chopped fresh thyme leaves
1 ½ cups walnut halves	1 ½ teaspoons chopped fresh rosemary leaves
1 cup hazelnuts	1 ½ teaspoons chopped fresh savory leaves
1 cup pecan halves	1 ½ teaspoons chopped fresh marjoram leaves
½ cup maple syrup	3 tablespoons olive oil
¼ teaspoon cayenne	About 1 teaspoon kosher salt
1 ½ teaspoons chopped fresh oregano leaves	
1 ½ teaspoons chopped fresh sage leaves	

Mix almonds, walnuts, hazelnuts, pecans, maple syrup, cayenne, oregano, sage, thyme, rosemary, savory, marjoram, and oil in a 10- by 15-inch rimmed pan.

Sprinkle nuts with 1 teaspoon salt.

Bake in a 300° oven, stirring occasionally, until all liquid evaporates and nuts are golden under the skin (break open to test), about 45 minutes.

Let cool. Taste and add more salt if desired.

Sunset.com

Caribbean Couscous Salad

The ginger-lime dressing has a touch of cayenne pepper and provides just the right amount of zing!

¼ cup chopped fresh cilantro	1 cup whole-wheat couscous
3 tablespoons lime juice	1 (15 ounce) can black beans, rinsed and drained
2 tablespoons canola oil	2 cups coarsely shredded fresh spinach
1 ½ teaspoons grated fresh ginger or 1/2	1 medium red bell pepper, seeded and coarsely
teaspoon ground ginger	chopped
⅛ teaspoon salt	1 medium mango, peeled, seeded, and chopped
⅛ teaspoon cayenne pepper	¼ cup thinly sliced scallions
1 ¼ cups water	

For dressing, whisk together cilantro, lime juice, oil, ginger, salt, and cayenne pepper. Set aside.

Bring the 1 1/4 cups water to boiling in a medium saucepan. Remove from heat. Stir in couscous; cover and let stand for 5 minutes. Fluff with a fork. Let stand at room temperature about 10 minutes or until cool.

Stir together beans, spinach, bell pepper, mango, and scallions in a large bowl. Add couscous and reserved dressing. Toss to coat. Serve immediately or cover with plastic wrap or foil and chill in the refrigerator for up to 24 hours.

eatingwell.com

Lebanese Onion Sauce

4 large onions, sliced
6 tablespoons butter
2 teaspoons spice mixture

Spice Mixture:

1 tablespoon cinnamon
1 tablespoon paprika
1 tablespoon salt
¾ teaspoon cayenne pepper

Warm a heavy pan over low heat and add butter. As butter begins to melt, toss in onions and cook, stirring frequently, for 30 – 40 minutes. Keep heat low to avoid burning the butter. When onions are done, sprinkle the spice mixture over the onions and toss thoroughly.

Serve the Lebanese Onion Sauce with meatloaf, with chopped tomatoes as a garnish. You might also try adding a bit of the spice mixture to your favorite meatloaf recipe.

Spice Mixture: Stir spices together and keep in a tightly covered jar.

Ruth Mary Papenthein, HSA Virginia Commonwealth Unit, Colonial Triangle of Virginia Unit
Essential Guide to Growing and Cooking with Herbs, 2007

Cilantro Salad Dressing

1 tablespoon chopped red onion
1 tablespoon balsamic vinegar
3 tablespoons red wine vinegar
1/3 cup olive oil
2 teaspoons chopped fresh oregano
1 tablespoon lime juice

1/2 cup lightly packed cilantro leaves, chopped
2 tablespoons chopped fresh dill weed
1/4 teaspoon freshly ground black pepper
3/4 cup black olives, pitted and chopped
1/8 teaspoon crushed red pepper

Whisk all ingredients together until well blended. Store in the refrigerator. Yields 1 1/2 cups dressing.

Eleanor Davis, HSA Western Pennsylvania Unit
Essential Guide to Growing and Cooking with Herbs, 2007

Rosemary Cheddar Bite-Sized Bars

4 tablespoons butter
2 cups rolled oats
1 1/2 cups cheddar cheese, grated
1 egg beaten
1 tablespoon fresh rosemary
Pinch cayenne pepper

Preheat oven to 350°F. Grease bottom of an 8-inch square pan. Melt butter in a saucepan. Mix the remaining ingredients in a bowl, then blend in the melted butter. Press mixture into prepared pan. Bake for 35 minutes. To serve, cut into bite-sized bars.

Becky Cortino, HSA Member at Large, Mid-Atlantic District
Essential Guide to Growing and Cooking with Herbs, 2007

Do you have any recipes featuring cayenne to share?

Contact educator@herbsociety.org