



Flavor Pairing Chart

Match pepper varieties with dishes, ingredients, and cooking styles.

Mild	Medium	Hot	Very Hot	Very Hot/ Superhot
 <p>Bell Pepper</p>	 <p>Poblano</p>	 <p>Jalapeno Serrano</p>	 <p>Cayenne</p>	 <p>Thai Chili, Carolina Reaper</p>
Best In	Mediu	Hot	Hot	Very Hot/Superhot
<ul style="list-style-type: none"> • Stuffed Peppers • Stir-Fries • Fajitas 	<ul style="list-style-type: none"> • Chili • Salsas • Burgers 	<ul style="list-style-type: none"> • Tacos • Hot Sauce • Seafood 	<ul style="list-style-type: none"> • Tacos • Het Sauce • Seafood 	<ul style="list-style-type: none"> • Curry • Wings • Sauces
Good With	Tomatoes	Cilantro	Beef	Curry
<ul style="list-style-type: none"> • Onions • Garlic • Chicken • Mushrooms 	<ul style="list-style-type: none"> • Tomatoes • Cilantro • Pork • Beans 	<ul style="list-style-type: none"> • Cumin • Cilantro • Coriander, • Smoked Paprika 	<ul style="list-style-type: none"> • Beef • Shrimp • Lime • Pineapple 	<ul style="list-style-type: none"> • Ginger, • Lime • Pork • Mango,
Herbs & Spices	Herbs & Spices	Cooking Styles	Cooking Styles	Cooking Styles
<ul style="list-style-type: none"> • Basil, • Oregano, • Paprika, • Italian Seasoning 	<ul style="list-style-type: none"> • Basil, • Oregano • Paprika, • Italian Seasoning 	<ul style="list-style-type: none"> • Sautéing • Grilling • Roasting • Pickling 	<ul style="list-style-type: none"> • Stir-Fring • Hot Sauce • Infusing • Pickling 	<ul style="list-style-type: none"> • Stir-Frying • Hot Sauce • Infusing • Fermenting
				