

Chillies

Kitchen

Relative heat, and how to reduce it once it is too much.

Scoville Heat Units, approximate and highly variable.

Chilli	SHU	Note
Bell pepper	0	No capsaicin at all
Poblano	1,000–2,000	Mild
Jalapeño	2,500–8,000	Common all-purpose
Serrano	10,000–23,000	Noticeably hot
Cayenne	30,000–50,000	Usually dried
Bird's eye	50,000–100,000	Thai cooking
Scotch bonnet / habanero	100,000–350,000	Fruity, very hot
Carolina Reaper	1.5m+	Novelty

Capsaicin dissolves in fat, not water. Dairy, coconut milk or oil relieve heat; water spreads it around.