

Paprika Powder Profile

Also known as

Capsicum annum, Hungarian Pepper, European Pepper, Mild Pepper, and Sweet Pepper

Introduction

Most commonly known as a culinary herb, paprika shares the medicinal qualities of most varieties of red pepper, the capsicums. Paprika is a native of South America that was naturalized to Hungary and Spain.

Hungarian paprika is the spicier of the two, and is what most people think of when they think paprika. Paprika is often used as a garnish in egg and potato dishes, and to add color. Its spiciness varies depending on the proportion of seed, rind and fruit in the ground powder and other varieties have been developed including smoked or roasted Paprika which adds a nicely rounded and mildly smoked flavor to culinary creations.

While paprika does contain capsaicin, it's one of the milder of the chilies, and is not often used medicinally. It is, however, high in vitamin C and carotenids, making it a healthy addition to the diet when eaten fresh.

Constituents

Vitamin C, carotenids

Parts Used

Fruit

Typical Preparations

Dried and ground and typically applied to food, soups and other food products. Seldom found in extract form. Smoked or roasted paprika adds a smooth smoked flavor to fine food dishes.

Summary

Paprika's primary use is as a culinary spice that adds color and spice to food. It ranges in hotness from very mild and sweet to decidedly spicy in seven grades. Hungarian paprika is known for its spiciness, and is one of the most distinctive features of Hungarian cooking.

Precautions

There are no precautions associated with the use or consumption of paprika.