

5 Tasting ability in humans

- We must recognize that our mouth is very specific to tasting and interpreting the taste of specific foods items.
- Our mouth is full with sensitive nerves which react and interpret very differently even within an identical range of products, such as chilies
- As chilies have different “heats” or punchiness measured in the so-called SCOVILLE SCALE our mouth nerves react in different places to establish the spiciness of such products
- Lips
- Left side
- Right side
- On the back top
- On the back bottom
- Tongue
- The 5 basic tasting senses are: Sweet, Salty, Sour, Bitter and Heat / Spiciness

Scoville scale

From Wikipedia, the free encyclopedia

The **Scoville scale** is a [measurement](#) of the [pungency](#) ([spicy](#) heat) of [chili peppers](#)—such as the [jalapeño](#), the [bhut jolokia](#), and the world's current hottest pepper, the [Carolina Reaper](#)—or other spicy foods as reported in Scoville heat units (SHU),^[1] a function of [capsaicin](#) concentration. Capsaicin is one of many related chemicals, collectively called capsaicinoids. The scale is named after its creator, American pharmacist [Wilbur Scoville](#). His method, devised in 1912, is known as the Scoville Organoleptic Test.^[2]

Unlike methods based on [high-performance liquid chromatography](#), the Scoville scale is a subjective measurement dependent on the capsaicin sensitivity of testers and so is not a precise or accurate method to measure [capsaicinoid](#) concentration.^[citation needed]

Considerations^[edit]

Since Scoville ratings are defined per unit of dry mass, comparison of ratings between products having different water content can be misleading. For example, typical fresh chili peppers have a water content around 90 percent, whereas [Tabasco sauce](#) has a water content of 95 percent.^[7] For law-enforcement-grade [pepper spray](#), values from 500,000 up to 1 million SHU have been mentioned,^[8] but the actual strength of the spray depends on the dilution, which could vary by a factor of 10.^[9]

The chilis with the highest rating on the Scoville scale exceed one million Scoville units, and include specimens of [naga jolokia](#) or [bhut jolokia](#) and its [cultivar](#), the "[ghost chili](#)", which does not have official cultivar status.^{[10][11]} The [Carolina Reaper](#) is currently the highest rated pepper in the world.^[12]

Numerical results for any specimen vary depending on its cultivation conditions and the uncertainty of the laboratory methods used to assess the capsaicinoid content. Pungency values for any pepper are variable, owing to expected variation within a species—easily by a factor of 10 or more—depending on seed lineage, climate (humidity is a big factor for the Bhut Jolokia; the



Dorset Naga and the original Naga have quite different ratings), and even soil (this is especially true of [habaneros](#)). The inaccuracies described in the measurement methods above also contribute to the imprecision of these values.^[5]

Capsicum peppers [\[edit\]](#)

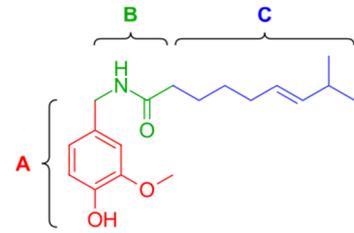
Scoville heat units	Name of peppers
855,000 – 2,200,000	Komodo Dragon Chili Pepper , ^[13] Trinidad Moruga Scorpion , ^[14] Naga Viper pepper , ^{[15][16]} Infinity Chilli , ^[17] Naga Morich , Bhut jolokia (ghost pepper) , ^{[18][19]} Trinidad Scorpion Butch T pepper , ^[20] Bedfordshire Super Naga , ^[21] Spanish Naga Chili , ^[22] Carolina Reaper
350,000 – 580,000	Red Savina habanero ^{[16][23][24]}
100,000 – 350,000	Habanero chili , ^{[3][25]} Scotch bonnet pepper , ^[25] Datil pepper , Rocoto , Madame Jeanette , Peruvian White Habanero , ^[26] Jamaican hot pepper , ^[25] Fatalii ^[27] Wiri Wiri , ^[28] Bird's eye chili ^[29]
50,000 – 100,000	Malagueta pepper , ^[29] Chiltepin pepper , Piri piri , Pequin pepper , ^[29] Siling Labuyo , Capsicum Apache
30,000 – 50,000	Guntur chilli , Cayenne pepper , Ají pepper , ^[29] Tabasco pepper , Capsicum chinense
10,000 – 30,000	Byadgi chilli , Serrano pepper , Peter pepper , Chile de árbol , Aleppo pepper , Chungyang Red Pepper , Peperoncino
3,500 – 10,000	Guajillo pepper , 'Fresno Chili' pepper , Jalapeño , wax ^[30] (e.g. Hungarian wax pepper)
1,000 – 3,500	Gochujang , Pasilla pepper , Peppadew , poblano (or ancho) , ^[31] Poblano verde , ^[30] Rocotillo pepper , Espelette pepper
100 – 1,000	Banana pepper , Cubanelle , paprika , ^[31] Pimento



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[Bell pepper](#)^{[32][33]}Pure chemicals [\[edit\]](#)

Capsaicin pharmacophore



Scoville heat units	Examples
16,000,000,000	Resiniferatoxin
5,300,000,000	Tinyatoxin
16,000,000	Capsaicin
15,000,000	Dihydrocapsaicin
9,200,000	Nonivamide
9,100,000	Nordihydrocapsaicin
8,600,000	Homocapsaicin , Homodihydrocapsaicin
160,000	Shogaol
100,000	Piperine
60,000	Gingerol
16,000	Capsiate



Main F&B Fair Trade Initiatives

- Cocoa
- Coffee
- Excellent Trade charters are in place, we got to support them

Fast Food but it should be Food fast

- Chipotle in the US, started by two young ex Mexicans, built it up (several hundred Franchises) A Mexican food fast outlet / restaurant Chain only uses fresh ingredients and cook daily (ongoing) fresh and now they have been bought by Mc Donald's. Possibly 2 reasons, to shut them down or if the Americans will change their eating habits. Believe me whilst we had dinner there (+/- 45 minutes), I must have counted possibly 200 to 300 plus guest whilst I was in one outlet in Manhattan, possibly have seen about 8 of those outlets (all on foot), I hate Subways as you ever can't see anything down there

Well dear Swiss Club Members, I think I talked enough steam up your noses, so please allow me to close with this one:

Cooking, entertaining and having Happy guests does not mean you need to have a renovated and up-grade your kitchen with all its gadgets and expensive machinery.
Take this one from Fiji:

Cooking without pots and pans (certainly invented by men) no washing to be done afterwards!

<https://www.tripadvisor.com/Travel-g294331-c135090/Fiji:What.Is.A.Fijian.Lovo.html>

Fiji Traveler Article:



Fiji: What is a Fijian Lovo



https://www.google.co.za/search?q=fijian+lovo&rlz=1C2KMZB_enZA551ZA551&biw=1077&bih=508&tbm=isch&tbo=u&source=univ&sa=X&sqi=2&ved=0ahUKEwjhoKiUxZnQAhUjLMAKHY-qDdkQsAQIHg&dpr=1.25#imgrc=EB8orhEsbKBEPm%3A

There are a couple of uniquely Fijian things you really must try during your visit to Fiji . One is a lovo, the traditional form of cooking.

This is the Fijian name for a feast cooked in the earth (in New Zealand , a 'hangi'). The taste is like a barbeque, only a little more smoked, and it's a very efficient way to cook large quantities of food at the same time.

While sampling the food which emerges from the lovo pit is a most enjoyable experience, watching the preparation of a lovo is almost as much fun.

The first step in preparing a lovo is heating the rocks which will serve as the base for the lovo. Specially selected stones are placed in a hot fire and left to absorb the heat. When the rocks are sufficiently heated, they are pulled from the flames and placed in the bottom of a shallow pit.

Next, chicken, fish and pork are tightly wrapped in a weave of palm fronds or banana leaves before being placed in the bottom of the lovo pit lined with hot rocks. On top goes various root crops including dalo (the potato like root of the taro plant), cassava (the root of the tapioca plant) and Uvi (wild yam).

Once the pit is filled with food, the entire hole is filled with earth and left to 'cook' for anywhere from two to three hours depending on the amount of food.

Unearthing the lovo is done with great celebration and the succulent morsels which emerge are unwrapped and placed on large banana leaves to cool before the feasting begins.

Danke, Merci, Grazie

Till we meet again

Markus Bänziger
Total Catering Concepts @ your Service
CK 2003/019933/23
Postal: P.O. Box 1863 Hillcrest 3610
Office: 46 Surprise Ridge Road, Hillcrest 3650
Cell: +27 (0) 83 799 8776
Office: + 27 (0) 31 765 2533
Fax: + 27 (0) 86 609 3894



Markus and Sapeta Banziger Mobile 083 799 8776, info@cateringconcepts.co.za
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