



Not-So-Spicy Chili Oil Kiss

By Dylan Sabuco

Prep Time 5 / **Cook Time** 1 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

Equipment

- ☐ Small pot
- ☐ Small bowl
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Whisk

Ingredients

Not-So-Spicy Chili Oil Kiss

- ☐ 1/3 C vegetable oil ** or olive oil
- ☐ 1 tsp mild chili powder

Food Allergen Substitutions

Not-So-Spicy Chili Oil Kiss

Soy: Use olive oil instead of vegetable oil.

Instructions

Not-So-Spicy Chili Oil Kiss

measure + whisk

In a small bowl, measure and whisk together **1/3 cup vegetable or olive oil** and **1 teaspoon mild chili powder**.

scrumptious science

Fragrance and food go hand-in-hand. Your nose is a well-oiled machine that does most of the work in processing your olfactory sense (sense of smell). The olfactory sense refers to all the parts of your body that process smells. Your brain and nose do a lot of the work. When you smell something, your nose will communicate with the olfactory bulb, which is the part of your brain that processes smells. This process happens in a split second, making you feel an emotion or transporting you into a memory. This unique bodily function is why foods and their smells can make people feel happy, sad, or any range of emotions. Smell your chili oil or soup or both and see what it makes you think of!

warm + drizzle

Warm the chili oil in a small pot over medium heat for 1 minute. This will help combine the oil and chili while also enhancing the mild spice. Finally, drizzle the oil over **West African Silky Sweet Potato Garlic Soup** for the perfect balance of sweet and spicy!

Featured Ingredient: Chili Powder!

Hi! I'm Chili Powder!

"I'm a spice made from ground dried red chili peppers! I bring a depth of flavor and color along with a bit of heat to a dish!"

Red chili peppers are used for chili powder. Chili pepper varieties include Aleppo, ancho, cayenne, chipotle, jalapeño, and others. Some of these are more familiar as being green chilis. Although they may start out green, they will eventually turn red as they ripen.

The chili powder you buy in the store is often a spice blend that includes cumin, onion, garlic, and salt. It may also be called "chili seasoning mix."

Chili powder is used in North American, Latin American, and Asian cuisine to add flavor and heat to dishes. It is the main flavor ingredient for chili con carne and is added to meat, vegetables, or sauces for enchiladas, fajitas, and tacos. It is also used as a rub or marinade for meat.

In Korean cuisine, "gochugaru," or Korean chili powder, is made from Korean chili peppers or Cheongyang

peppers. Indian cuisine uses chili powder made from Kashmiri red chilis.

The capsaicin in chili peppers has anti-inflammatory properties. Vitamins A and C, iron, and potassium are found in chili powder.

Chili peppers and chili powder can cause digestive upset for some people, and eating too much of them may cause adverse effects.