



CAYENNE PEPPER HOT SAUCE

A BOTTLED SHELF STABLE RECIPE

Ever heard of *Frank's RedHot*? Maybe *Louisiana Hot Sauce*? *Crystal*? All these hot sauces have cayenne chili peppers as their base and not much else. These peppers are sweet, tasty and have a nice balanced heat.

I love this hot sauce. It is sweet without sugar, way tastier than Frank's because it uses real, live vinegar vs. white vinegar, and has the extra tastiness of garlic.

WARNING: always use latex gloves when handling hot peppers and hot sauce. These babies can BURN!!

NOTE: this recipe makes about 2 x 5-oz bottles of hot sauce

Ingredients

10 cayenne chili peppers	1 cup apple cider vinegar
6 cloves garlic	1 cup water
1 apple, peeled and chopped	1 tablespoon salt

Directions

1. Roughly chop up the cayenne peppers along with garlic cloves and apples, and add them to a pot with the vinegar, water and 1 tablespoon salt.
2. Bring the mix to a boil, then reduce the heat to low and simmer everything for 20 to 30 minutes, until the peppers are nice and soft.
3. Cool the mixture slightly, then transfer it to a food processor or blender. Process until the sauce is nice and smooth. Adjust to taste, adding more salt if desired.
4. Strain the sauce through a fine sieve if you'd like a smoother sauce, or
5. Return the mixture to the pot and heat until it reaches 190 degrees on a heat-safe thermometer.
6. Turn to low and pour it into bottles while it is still super hot.
7. Cap and flip upside down for 5 minutes. Let cool and then hand them out to all your friends!

TIPS AND TRICKS FOR PRESERVING HOT SAUCE

Use Quality Hot Sauce Bottles And Caps

Use food safe, high quality hot sauce bottles and caps.

Follow Sterilization Protocol

Make sure all supplies are properly sterilized (hot water is fine).

Avoid Using Oil

Oil can introduce a botulinum toxin and a poisonous protein.

Ph For Shelf Stable Hot Sauce

A pH measurement of 3.4 or lower creates a sufficiently acidic environment to prevent bacteria from growing. To achieve this balance, use citrus fruits like lemons or limes, fruit such as apples or pineapples, and a high-quality vinegar that is at least 5% acidity. Don't add more water than vinegar. Don't add extra vegetables without adding more vinegar. Try to maintain a balanced ratio like this recipe, even if you are swapping ingredients.