

PERUVIAN ROCOTO

(*Capsicum pubescens*)

It is a great Hot Pepper native from Peru. Known in Mexico as “Manzano Pepper, Chili Manzano, Apple Pepper”, it is an excellent stomach protector: The habitual consumption of rocoto is recommended for the treatment of ulcers, gastritis, colitis and in general it benefits the digestive system.

How is that? Because human gastric juices (like the saliva of some mammals) have enough acidity to neutralize their itching, but also, the capsaicin that rocoto possesses stimulates the segregation of gastric juices and favors the accumulation of lipids and bicarbonates in the mucosa of the stomach, strengthening it and facilitating the digestive process.

In addition, the extra salivation produced in the mouth contributes to a better digestion in general.

- **The rocoto has anti-inflammatory and antibiotic properties:** for this reason, the seeds were formerly used to combat toothache. Its desinflammatory properties combined with the digestive ones turn it into a powerful remedy for the hemorrhoids for example (once neutralized its itching in the stomach).
- **The rocoto produces endorphins:** the sensation of controlled pain that the hot pepper itches produces on the tongue is comparable to that we feel when we practice sports, in response our organism produces endorphins that inhibit certain parts of the brain producing a sensation of pleasure that generates certain addiction hard to describe.
- **Rocoto is useful to combat diabetic neuropathy:** administered as topical capsaicin relieves the pain associated with psoriasis and osteoarthritis.
- **Rocoto is good for hypertension:** it acts as a dilator of blood vessels, it is advised to relieve discomfort and lower the pressure of people suffering from this disease.
- **Rocoto is a source of vitamin C and helps to fight anemia and excellent antioxidant:** a rocoto has an amount of vitamin C four times that of orange and like other fruits its antioxidant properties are an essential part of a healthy diet recommended to prevent cancer. The combination of high proportions of vitamin C with its desinflammatory and digestive effects is ideal for treatments of anemia: vitamin C helps absorb iron, capsaicin neutralizes the inflammatory effects of iron capsules in the stomach protecting the stomach mucosa. Finally, its digestive and anti-inflammatory effects prevent and combat the constipation problems that this type of treatment produces.

In general, the chemical composition of the rocoto includes: water, carbohydrates, proteins, fiber, ashes, calcium, phosphorus, iron, carotene, thiamin, ribofabine, niacin, ascorbic acid, capsaicin.

In comparison to other hot peppers, the rocoto does not destroy the flavor of the taste of the meals. Even better, it enhances them by giving them the special touch in all combinations; either as part of the ingredients of a good dish or adding them separately.

ENJOY!

