

# Simply Organic's black peppercorns

## precious pepper

Pepper has a long history as the world's most prized spice — at one time it was worth its weight in gold. Today pepper accounts for about 35% of the total world trade in spices, and it's the third-most common recipe ingredient, behind water and salt.

While black pepper is far and away the most popular, black, white and green pepper all come from the same woody tropical plant, *Piper nigrum*. Harvesting and processing differences account for the different types.

Simply Organic's high-quality organic peppercorns have the full-bodied flavor, pungent aroma and culinary heat that have made black pepper a highly valued spice for more than 2,000 years.



## fresh-ground reigns

For the freshest and most robust pepper taste and aroma, savvy cooks grind whole peppercorns — both for cooking and in a peppermill at the table.

In general, the coarser the grind (i.e. the bigger the pieces) the longer the pepper retains its full flavor, while the finer the grind, the more immediately the flavors release. Also, large pieces of black pepper berries provide concentrated bursts of flavor, while finely ground pepper distributes its flavor more evenly.



## culinary uses

Pepper's versatile and distinctive taste adds zing to salads, soups, meats, poultry, fish, vegetables — almost any savory dish. (A good guideline for cooking is 1/8 to 1/4 teaspoon of freshly ground black pepper per four servings.) It's also commonly found in blends like curry powders and poultry seasoning. And, of course, it's standard at the table, where guests use it to spice dishes to their particular tastes.

Whole peppercorns are most often used in dishes with long cooking or soaking times that allow for their flavor to be released, such as pickling, marinades, meat dishes and soups. (If the flavor is desired without the peppercorns in the food, they are often be added in a cheesecloth bag or a small strainer so they can be easily removed.)

## product profile

<b>Common Name</b>	Black Peppercorns, Whole Black Peppercorns
<b>Botanical Name</b>	<i>Piper nigrum</i>
<b>Plant Family</b>	Piperaceae
<b>Origin</b>	Tropical regions, primarily India, Vietnam and Guatemala
<b>Color</b>	Black
<b>Flavor</b>	Sharp and tangy
<b>Aroma</b>	Pungent and penetrating

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