

Blistered Shishito Peppers



Until recently, I always thought they were spicy, so I avoided them but [Pepper Scale](#) says ?In terms of our jalapeño reference scale, the typical shishito pepper is 13 to 160 times milder. Though, there's a catch. One out of every ten to twenty shishito peppers will rev the engine just a little further. They don't reach even mild jalapeño heat, but it's enough to catch you by surprise.?

Mr. Big and I were planning a quiet dinner at home, so he blistered some [Ark Foods](#) Shishito Peppers with olive oil cooking spray and flaked sea salt in the oven broiler for 8 minutes, mixing and turning them over halfway through.

I like to finish mine by adding a little lime zest, while Mr. Big likes his with a little yogurt ranch dressing.

Have you tried these peppers? What do you think?