



Ají Mirasol (*Capsicum baccatum* var. *Pendulum*)

Like other members of the *Baccatum* species, it is native to South and Central America and has been cultivated for over 7,000 years. The regions of Peru and Bolivia are two of the primary centers of genetic diversity for chili peppers. The *ají mirasol* gets its name because it is dehydrated by facing the sun, outdoors. Drying the chili helps preserve it for several months, concentrating its flavor and color. It is commonly roasted to enhance its flavor. Consuming *ají mirasol* helps alleviate pain

caused by arthritis and stimulates the nervous system, as it encourages the body to produce endorphins (compounds associated with satisfaction and well-being).

It is suggested that capsaicin helps promote the healing of gastric ulcers by inhibiting acid secretion and stimulating alkali production. The capsaicin in this chili also helps combat pain.