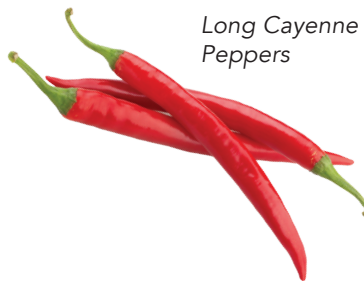




Nutritious, Delicious, Wisconsin! PEPPER ■ KUA TXOB



Bell Peppers



Long Cayenne Peppers



Jalapeno



Thai Chili Peppers



HMoob Varieties

- Thai Chili, Kua Txob
- Jalapeno, Kua Txob
- Bell Peppers, Kua Txob/Kua Txob Loj/Kua Txob Qab Zib
- Long Cayenne Pepper, Kua Txob/Kua Txob Loj
- Yellow Banana, Kua Txob

Terminology

Kua Txob Ntsuab translates to green colored peppers in English.

Kua Txob Liab translates to red or purple colored peppers in English.

Kua Txob Daj translates to white/yellow colored peppers in English.

Kua Txob Loj translates to large or long peppers in English.

Kua Txob Me translates to small peppers in English.

TASTE & TRADITION



One simple and traditional way HMoob people eat peppers is by eating them whole by biting into them directly, or dipping them in salt or shrimp paste. Peppers are often dried or frozen to store for year-round use in cooking. They are added to HMoob dishes to enhance flavor and add heat. Peppers are the key ingredient in customizable HMoob pepper sauces, which are popular condiments in many meals.

RECIPE

Simple HMoob Pepper Sauce (Kua Txob, Kua Txob Nrog Nab Pas)

Ingredients

- 15 chili peppers
- 3-5 tablespoons fish sauce
- Optional: water, sugar, lime

Directions

1. Use 2 tablespoons of crushed dried chili pepper, or prepare fresh chili peppers in one of the following ways:
 - Mince or sliced with a knife.
 - Crush with a mortar and pestle.
 - Grind using a food processor.
2. Add the prepared pepper to a bowl or container.
3. Pour in fish sauce.
4. Mix well, adjusting the amount of fish sauce to taste.
5. Use this quick and flavorful sauce as a dip or topping for your favorite HMoob dishes!



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