

HOT & SPICY FOOD DAY AUGUST 19



The exact origins of Hot and Spicy International Food Day is unknown. Hot and spicy food has been a part of the human diet for over 6000 years. Many cultures use a variety of spices as staples in the diet. For example, cayenne pepper is a common spice used in Cajun, Thai, Russian, Tex Mex and Asian cuisines, just to name a few.

Besides the flavours that hot spices add to foods, there is also literature stating that hot and spicy foods can be good for killing bacteria in food. Garlic, oregano, onions or all spice are examples of bacteria-killing spices. It is believed that ancient cultures, especially those in hotter climates, adapted when they learned that foods high in spices allowed them to remain healthier than bland foods.

While they probably did not understand the science behind this practice, they knew they lived longer than their predecessors. The practice of spicing food would be passed on to their children. It is now a common practice to season foods with spices, but because technology has advanced so that food is better preserved, people add spices because they enjoy the flavour of hot and spicy food.

People who love hot foods can mark this day with their favourite spicy international foods. Many people make Cajun dishes flavoured with Cajun seasonings such as hot pepper sauce or Creole seasoning in their dishes. Others may try a Tex-Mex menu with chilli or nachos. Asian menus could include Thai Chicken Curry, Lamb Korma and Chicken Kapitan.

Featured Recipes

Spicy Soft Turkey Taco	GG21060
Spicy Mozza BBQ Bacon Qtr Pound Burger	31780
Spicy Grilled Vegetable Salad with Feta	44710
Spicy Black Bean Quesadillas (BC) (V)	2876A*
Sweet potato and spicy sausage hash	18920