



## Safed Mirchi (White Pepper)



White pepper is a variety of pepper, also known as pepper corn. White pepper is essentially the seed of the plant after the fruit is removed. White pepper is obtained by soaking the fully ripe berries in water for about 6-8 days. The flesh of the fruit softens and decomposes, which is further rubbed for getting the seed. The seed so obtained is dried and then used in the whole or grounded form. White pepper has a higher content of piperine compound as compared to black pepper so has a hotter taste.

White pepper is a slightly milder version of the common black pod or grind. They both originate from the same berries, which are called peppercorns. The plant, pepper nigrum, is propagated in Brazil, India, Indonesia, and Malaysia. To reach the white pepper stage, berries are allowed to ripen and then soaked in water to remove the hulls. Black pepper, on the other hand, is harvested before the berries are ripe. European cooks particularly favor white pepper for soups and sauces and prefer it as a table condiment.

Indian Name: Safed Mirch Botanical Name: Piper nigrum Family Name: Piperaceae

Parts Used: Seed

Habitat: Southern India, Vietnam, Srilanka, Malaysia, Indonesia and few other Asian countries

## History and Uses:

White Pepper and Black Pepper are both obtained from the small, dried berry called the peppercorn, which grow on the pepper vine. For White Pepper, the berry is picked when fully ripe; the outer layer of skin is removed, leaving the dried, whitish-gray kernel. White Pepper has a milder, more delicate flavor than Black Pepper. White Pepper is used whole in pickling spices and marinades. Ground White Pepper is used in light colored foods, such as sauces and soups and is especially popular in European cuisine. White Pepper is obtained primarily from Indonesia, Malaysia and Brazil. In addition to its use as a spice, White Pepper is used medicinally as an aromatic, stimulant and carminative to ease digestive complaints such as dyspepsia, constipation, nausea and flatulence. White Pepper is also viewed as a general digestive aid. It has also been used in the treatment of gonorrhea, vertigo and arthritis

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FlavoringThe spice derives its flavor from piperine compound. It is widely used for its aroma and flavor in various cuisines and also for food preservation

Medicine: Widely used in traditional medicinal systems including Ayurveda, Siddha and Unani systems, White Pepper Powder is also used as an essential oil in aromatherapy and other methods.

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The main reason most cooks use white pepper is to maintain consistent color in light foods. Black specks in a perfectly prepared creamy white sauce are considered distracting.

Add to other "white" foods such as mashed potatoes or gravies.

White pepper can also be used in marinades or added to pickling spice.

## **Chemical Composition**

The aroma of white pepper just like black pepper may be attributed to the presence of monoterpenes like sabinene, beta-pinene, limonene, furthermore terpinene, alpha-pinene, myrcene, delta-3-carene and monoterpene derivatives. The other constituent that is present in a considerable amount in white pepper is Sesquiterpenes

## Forms of White Pepper

- \* Whole White Pepper
- \* Ground White Pepper







Contact Us

Contact information for Taj Group companies in India.

TAJ AGRO INTERNATIONAL (A Division of Taj Pharmaceuticals Limited ) http://www.tajagroproducts.com E-mail:

tajagroproducts@gmail.com







