

The One where Billy Burns his Mouth

- Lily** Oh gosh Billy. I'm so sorry. It was an accident. Cold milk is supposed to help. Just don't drink it too fast.
- Maddy** Um, guys? What's going on?
- Lily** I made some salsa and I might have put a little too much chilli in it.
- Maddy** Ah, he's feelin' the burn, eh?
- Lily** I don't know what happened. I followed the recipe. It's not even supposed to be that spicy.
- Maddy** Um, that's weird. Can I see? Oh, you realise it's not supposed to be any chilli in this, right?
- Lily** What do you mean? It says peppers right there, as in chilli peppers, right?
- Maddy** Yeah, but this must be from America or the UK. Up there they call capsicums peppers for some reason. Sometimes they call them bell peppers.
- Lily** Well, that seems unnecessarily confusing. Sorry, Billy.
- Maddy** What's up?
- Lily** Okay, so this makes more sense. Technically, capsicums are chillis. They've just been bred to be fleshy and sweet.
- Maddy** I guess capsicums sort of do look like big fat sweet chillis.
- Lily** Weird. They even spell chilli differently around the world. Americans spell it with one L.
- Maddy** I feel like we should just agree that chillis are chillis and capsicums are capsicums.
- Lily** Interesting.
- Maddy** What?
- Lily** The word chilli actually comes from the Aztecs who used to rule what we now know as Mexico.
- Maddy** Ah, is that why Mexican food is always so spicy and good?
- Lily** Totally. Oh, side note. The Aztecs also invented words like avocado, tomato and the chocolate.

Maddy Legends.

Lily This says the heat releases feel-good endorphins in your brain so people keep coming back for more. You hear that, Billy? You're supposed to be enjoying this.

Maddy Wait, let me get this straight. So, it burns your tongue and your brain gets all giddy?

Lily Possibly. OMG, this is even more confusing. Apparently, the spicy chemical in chilli is called capsaicin.

Maddy Capsicum?

Lily Capsaicin. It doesn't actually burn your tongue. It just tricks your pain receptors into thinking that they're burning. You hear that, Billy? It's just a trick.

Billy The pain is real.

Lily The pain is real, Billy, every time I hear one of your jokes.

Maddy You sure it was an accident?

Alice A capsicum is a really good example of a vegetable that ended up everywhere around the world and it wasn't because of Pangaea. It was because of trade.

Jonathan How and why?

Alice Well, the Spanish, when they started trying to find different spices and different trade routes in the 1400s, they actually brought capsicums back from Latin America and they loved them so much that they became part of Spanish cuisine. We wouldn't have paprika, for example, if it weren't for those trade routes.

The Spanish were actually looking for gold, but in that time, spices were just as valuable as gold. So, they ended up coming home with less gold and more chocolate, more capsicum, more tomatoes and more spices.