

Buffalo Sauce

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Buffalo Sauce

1. Cayenne Peppers

- **Primary Pepper:** Most traditional Buffalo sauces, including commercial brands like Frank's RedHot, use cayenne peppers as the main ingredient. These peppers provide a moderate heat level (around 30,000–50,000 Scoville Heat Units) and a tangy, slightly fruity flavor 38.
- **Form:** Typically used in the form of a pre-made Louisiana-style hot sauce, which is made from cayenne peppers, vinegar, and salt. Common brands include Frank's RedHot, Crystal Hot Sauce, or Valentina HOT 178.

2. Additional Peppers for Customization

- **Ghost Pepper Flakes or Cayenne Flakes:** Some recipes add ghost pepper flakes or extra cayenne for increased heat 1.
- **Bird's Eye Chilies:** For a spicier version, Bird's eye chilies (Thai chilies) can be added during fermentation or blending 3.
- **Paprika:** While not a hot pepper, paprika (especially Hungarian hot or smoked paprika) is often included

for color and subtle sweetness 13.

3. Fermented vs. Non-Fermented Versions

- **Fermented Sauce:** Some homemade recipes involve fermenting cayenne peppers with salt and water for 3–7 days to develop a deeper, tangier flavor profile similar to Frank's RedHot 3.
- **Quick Sauce:** Simpler versions skip fermentation and directly combine pre-made cayenne-based hot sauce with butter and spices 178.

4. Key Considerations

- **Consistency:** Butter is essential for Buffalo sauce's thickness and richness, but it does not come from peppers 178.
- **Spice Control:** The heat level can be adjusted by altering the ratio of hot sauce to butter or adding extra cayenne pepper 78.

Pepper Type	Species	Scoville Heat Units (SHU)	Role in Buffalo Sauce	Common Forms
Cayenne	<i>Capsicum annuum</i>	30,000–50,000	Primary heat and flavor	Louisiana-style hot sauce (e.g., Frank's RedHot)
Ghost Pepper	<i>Capsicum chinense</i>	855,000–1,041,000	Extra heat	Flakes or powder (optional)
Bird's Eye Chili	<i>Capsicum frutescens</i>	50,000–100,000	Increased spiciness	Fresh or fermented (optional)
Paprika	<i>Capsicum annuum</i>	0–500	Color and mild sweetness	Powder (smoked or hot)