

Appendix

- Suggested Spices for Global Cuisines
- Mango Recipes, by Menu Part
- Alternate Mango Cutting Technique
- References
- Introduction to the National Mango Board

SUGGESTED SPICES, SEASONINGS AND INGREDIENTS FOR INTERNATIONAL CUISINES

Caribbean

| | | | |
|----------------------|-----------------------|------------|----------------|
| Rice | Thyme | Curry | Sugar |
| Yams | Cilantro | Mint | Garlic |
| Limes | Capers | Avocados | Tomatoes |
| Pepper | Beans | Coconuts | Bananas |
| Allspice | Raisins | Soy sauce | Oregano |
| Scallions | Collard greens | Dried peas | Dried salt cod |
| Worcestershire sauce | Scotch bonnet chilies | | Mangos |

South American (Argentina, Brazil, and Chile)

| | | | |
|-----------------|--------------|----------------|--------------|
| Rice | Basil | Garlic | Scallions |
| Chilies | Beef | Papayas | Onions |
| Limes | Bananas | Coconuts | Peaches |
| Raisins | Oranges | Calabaza | Grapefruits |
| Tomatoes | Black beans | Chick peas | Black olives |
| Hearts of palms | Coconut milk | Collard greens | Suckling pig |
| Dried salt cod | Mangos | | |

Mexican

| | | | |
|------------|-------------|----------|----------|
| Rice | Thyme | Almonds | Cumin |
| Cloves | Olives | Cilantro | Onions |
| Garlic | Vanilla | Oranges | Raisins |
| Oregano | Lemons | Tomatoes | Chayotes |
| Red onions | Dried beans | Cinnamon | Mangos |

Southeast Asian

| | | | |
|--------------|-------------|--------------|--------------|
| Mint | Mace | Cloves | Turmeric |
| Cumin | Basil | Rice | Cilantro |
| Coriander | Shrimp | Ginger | Papayas |
| Bean sprouts | Bananas | Cabbages | Fish sauce |
| Mangos | Mushrooms | Lemongrass | Mung bean |
| Soy sauce | Chili paste | Shrimp paste | Coconut milk |
| Brown sugar | Cardamom | | |

Indonesian

| | | | |
|-----------|----------|----------|------------|
| Ginger | Nutmeg | Cloves | Cumin |
| Coriander | Turmeric | Tamarind | Garlic |
| Cinnamon | Mangos | Cilantro | Peanut oil |
| Sugar | | | |

Chinese

| | | | |
|--------------|-------------|--------------------------------|--------------|
| Pork | Cilantro | Shallots | Bean sprouts |
| Onions | Bok Choy | Cabbages | Rice noodles |
| Vinegar | Sesame oil | Peanut oil | Chili oil |
| Chili paste | Plum sauce | Hoisin sauce | Rice wine |
| Sesame seeds | Red chilies | Wonton or spring roll wrappers | |

India

| | | | |
|---------------------|------------|--------------|----------------|
| Cinnamon | Coriander | Cumin | Fennel |
| Cardamom | Cloves | Chiles | Turmeric |
| Carrots | Potatoes | Cauliflower | Cilantro |
| Eggplant | Ginger | Spinach | Lentils |
| Chick peas | Green peas | Basmati rice | Grated coconut |
| Tamarind pulp | Cayenne | Curry powder | Mangos |
| Black mustard seeds | | | |

Excerpts from “All Around the World Cookbook” by Sheila Lukins, 1994 and <http://www.veganstreet.com/veganliving/ethnicingred.html>

MANGO RECIPES, BY MENU PART

(These recipes and more are available at www.mango.org/foodservice/find/recipes)

Breakfast

- Mango Bliss Cakes
- Mango Coconut Waffles
- Mango Bread
- Mango Macadamia Caramel Rolls
- Mango Lassi Yogurt Cup
- Mango Yogurt Parfait
- Mango Sausage Breakfast Burrito
- Mango Almond Butter Toast
- Oatmeal with Mango, Maple and Walnuts

Condiments

- Green Mango Chutney
- Tropical Mango Chutney
- Green Mango Pickle (Achaar)
- Mango Chow
- Sweet Mango Salsa (Baja Fish Tacos recipe)

Appetizers

- Mango and Jicama Enchiladas
- Mango Beef Empanadas
- Tilapia Ceviche with Mango
- Crispy Fried Oyster
- Crispy Mango Fish Rolls
- Sweet and Savory Roll Ups
- Mango Souscaille
- Cinco de Mango Quesadilla
- Cinco de Mango Salsa
- Mango Black Bean Salsa
- Goat Cheese, Bacon and Mango Crostini

Salads and Sides

- Thai Steak and Mango Salad
- Grilled Mango and Goat Cheese Salad
- Mango and Green Papaya Salad with Yunnan Tomato Salsa
- Mango Quinoa Salad with Mango Citrus Dressing
- Green Mango Slaw
- Green Mango Cashew Salad
- Mango Watermelon Salad
- Mango Macadamia Nut Rice

Sandwiches and Pizza

- Caribbean Mango Chicken Wrap
- Tropical Chicken Wrap
- Chicken Mango Panini
- Grilled Ham and Cheese with Mango
- Mango Pulled Pork Sandwich
- Bratwurst with Mango Relish
- Deli Mango Shrimp Salad Croissant
- Mahi Sandwich with Mango Slaw
- Mango Bacon BBQ Pizza

Entrees

- Jerk Chicken with Spicy Mango Topper
- Mango Coconut Chicken with Mango Sauce and Rice
- Island Style Skewers with Mango Ginger Sauce
- Bacon Wrapped Pork with Mango-Basil Relish
- Apricot Chili Marinated Lamb Tacos with Fresh Mango Jicama Slaw
- Baja Fish Tacos
- Mahi Mango Tostadas
- Shrimp Mango Curry
- Mango Mojo Shrimp
- Caramelized Mango with Jumbo Shrimp and Crispy Serrano Ham

Desserts

- Mango Brownies
- Mango Coconut Risotto with Tamarind Glass, Mango Chili Jam and Cookie Crumble
- Mango Upside Down Cake
- Bruleed Mango
- Grilled Mango Fruit Salad with Lime-Mint Vinaigrette
- Tropical Mango S'mores
- Mango Malted Milk Shake with Toasted Cumin
- Sugar and Spice Mango Cake
- Mango Fire & Ice Lime Sorbet Sundae

Beverages

- Sparkling Mango Ginger Green Tea
- Mango Panna
- Mango Michelada
- Mango Strawberry Sangria
- Mango Spice & Ice (Mango-Ginger-Habanero Daiquiri)
- Mango Bellini
- Mango-rita

ALTERNATE MANGO CUTTING TECHNIQUE

For diced mango:



1. Stand the mango on a cutting board stem end down and hold to steady. Place your knife about $\frac{1}{4}$ inch from the center and cut down through the mango. Repeat this cut on the other side. The resulting ovals are known as “cheeks.” What’s left is mostly the mango seed.



2. Cut parallel slices lengthwise in the mango cheek, being careful not to cut through the skin. Turn the mango cheek $\frac{1}{4}$ rotation and cut another set of parallel slices to make diced mango. Vary the spacing to create larger or smaller pieces.



3. To remove the flesh you can either scoop the mango pieces out of the mango skin using a large spoon, or turn the scored mango cheek inside out by pushing up from the skin side, and scrape the mango chunks off the skin with a knife or spoon.

For sliced mango:



1. Cut the mango cheeks away from the seed as above.



2. Cut parallel slices to the desired thickness.



3. Scoop out the slices.

REFERENCES

- www.mango.org/foodservice
- Allen Susser, *The Great Mango Book* (Berkeley, CA, Ten Speed Press, 2001)
- Harold McGee, *On Food and Cooking* (New York: Scribner, 2004)
- University of Florida Extension and National Mango Board, *Mango Postharvest Best Management Practices Manual* (Orlando, FL, National Mango Board, 2010)