

Lesson 5 - Cooking with Fresh Mango in Global Cuisines

Objectives: After completing this lesson students will be able to:

- Recognize fresh mango as a versatile ingredient across all parts of the menu
- Understand how to incorporate fresh mango at all stages of ripeness into recipe development
- Understand the role fresh mango plays in global cuisine

Lesson Plan

Topic	Suggested Activity	Suggested Time
Mango on Today's Menu	Intro/Lecture	10 minutes
Sensory Characteristics of Mango (refer to Lesson 3)	Lecture/Discussion	5 minutes
Mango in Global Cuisines	Intro Cooking Lab Tasting/Discussion/ Evaluation Clean up	10 minutes 90 minutes 30 minutes 30 minutes





Mango on Today's Menu

Green or ripe, mangos make perfect menu partners all year-round, mixing easily with savory, sweet, hot and spicy ingredients at breakfast, lunch and dinner – in appetizers, salads, entrees, desserts, beverages and condiments. Mango easily adapts, supports or excites recipes. Here are some easy ways to incorporate fresh mango into menus:

- Use diced mango as a topping for cereal, pancakes, or waffles.
- Layer diced mango in breakfast, snack and dessert parfaits.
- Tuck a mango slice and jalapeno slice inside bacon wrapped shrimp.
- Wrap thin slices of mango around sushi rolls.
- Use mango condiments (chutney, salsa, relish, pickle, chow and slaw) as a flavor bridge in appetizers, sandwiches and entrees, e.g. Asian mango slaw on a mahi slider, mango chutney on a cheese plate, spicy mango salsa on grilled seafood.
- Add contrasting color, refreshing taste and texture to salads (green, grain, pasta) with fresh mango.
- Add body and a layer of flavor to salad dressings and sauces with pureed very ripe mango.
- Fan mango slices across the top of cheesecake or as the first layer in an upside down cake.
- Muddle or puree mango as an ingredient and dice or slice as a garnish for cocktails and non-alcoholic drinks.

KEY ATTRIBUTES OF FRESH MANGO

- Fresh, natural appeal
- Contrasting color
- Refreshing taste and texture
- Exotic, tropical interest
- Nutritional value

Overview of Fresh Mango in Global Cuisines

History suggests that mangos originated in Southeast Asia and India, where references to the fruit are documented in Hindu writings that date back to 4,000 B.C. Mango seeds traveled with humans to areas in the world with the tropical climates necessary for the mango tree to thrive – from Asia to the Middle East, East Africa and South America beginning around 300 or 400 A.D. While large-scale production is limited in the U.S., mangos have been grown for about a century in tropical climates found in Florida, California, Hawaii and Puerto Rico.

Because mangos are indigenous to so many cultures, they are naturally a part of the cuisines in the countries where they grow. Mangos are popular in street food and on restaurant menus throughout Thailand, Philippines, Vietnam, Brazil, India, Caribbean Islands and everywhere mango trees thrive.

There's a good reason that mango is considered the most popular fruit in the world: its incredible versatility. The unique sensory characteristics of mango work well with global spice blends and cooking techniques from fiery chilies to mellow coconut to alluring curries. Fresh mango easily revitalizes and differentiates menus – everything from morning smoothies to midnight snacks.

Fresh Mango in Global Cuisine – Cooking Lab Exercise

INSTRUCTOR NOTES

- Assign each team a cuisine and recipe(s).
- Based on time and skill level, ask teams to develop their own recipe.
- Teams will present prepared recipes platter-style, reserving one portion to be presented on a single-serve plate.
- Teams will give a brief oral presentation about their recipe(s) and how the mango contributes to the appearance, taste and texture of the dish.
- Ask teams to consider how their dish(es) would taste without the mango.
- Students taste various recipes.

INDIAN



Mango Lassi Yogurt Cup

Recipe courtesy of Chef Chuck Hatfield, Sodexo Corporate Services

Yield: 6 portions

- 2 cups low-fat vanilla yogurt
- ½ teaspoon cardamom
- 5 tablespoons pistachios, toasted and chopped fine, divided
- 1 pound 14 ounces fresh ripe mango, diced ½ inch

Combine yogurt with cardamom and 4 tablespoons pistachios.
(Hold refrigerated at 40° F or below for use within 24 hours.)

Per serving: In a 9-ounce clear snack cup, layer ingredients as follows: 3 ounces mango, 3 tablespoons cardamom yogurt, 2 ounces mango, 3 tablespoons cardamom yogurt and garnish with ½ teaspoon pistachios. Place dome lid on cup. (Hold refrigerated at 40° F or below for same-day service.)

INDIAN

Shrimp & Mango Curry

Recipe courtesy of Chef Allen Susser

Yield: 4 servings

- 2 tablespoons unsalted butter
- 1 small onion, diced
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 2 tablespoons Madras curry powder
- ½ teaspoon cayenne powder
- 2 teaspoons fine sea salt
- ½ teaspoon freshly ground black pepper
- 2 cups canned coconut milk
- 1 cup water
- 16 jumbo shrimp, shelled, deveined
- 1 large firm-ripe mango, peeled, pitted, diced
- 1 large sweet potato, peeled, diced, blanched
- 3 tablespoons minced green onion, including tops
- 3 tablespoons chopped fresh cilantro

To prepare the curry: In a large heavy saucepan, melt the butter over medium heat and sauté the onions and garlic until aromatic, about 3 minutes. Stir in the ginger, curry powder, cayenne, salt and pepper. Stir in coconut milk and water. Bring to a simmer and cook 2 minutes.

To finish the dish: Add the shrimp, mango and sweet potato to the pan. Bring back to a simmer and cook 4 to 5 minutes or until shrimp are evenly pink. Serve garnished with green onion and cilantro.

INDIAN

Green Mango Pickle (Achaar)

Recipe courtesy of Chef Allen Susser

Achaar is a unique Indian condiment. Similar condiments made in the Caribbean are called Kuchela. It is a great condiment for sandwiches or served with roast leg of lamb.

Yield: 1½ quarts

- 2 pounds whole green mango, peeled, pitted, cut into 1-inch long pieces
- 4 tablespoons cumin, coarsely ground
- 4 tablespoons fenugreek, coarsely ground
- 1 tablespoon ground turmeric
- 1 tablespoon ground dried red chilies
- 1 tablespoon minced garlic
- 1 tablespoon coarse salt
- 2 tablespoons mustard seed
- 8 ounces corn oil

To prepare the spice mixture: In a large bowl, combine the cumin, fenugreek, turmeric, red chilies, garlic and salt. In a small saucepan warm the mustard seed with the oil, until just before the smoke point, remove from the heat. Let the mustard oil cool completely. Add half of the mustard oil to the spice mixture and mix well.

To prepare the mango: Add the mango into the spice mixture, stirring to thoroughly coat all the pieces. Pour in the remaining mustard oil and mix well. Transfer to sterilized glass jars and be sure the oil covers the mango completely; cover securely with cheesecloth.

To cure the mango: Keep the jar in a warm, sunny place for 4 to 5 days. Remove the cheesecloth and cover with an airtight lid. The pickle will be ready to eat within a week to 10 days. Store in a cool, dry place.

LATIN AMERICAN



Mango Jicama Enchiladas with Pastor Sauce

Recipe courtesy of Chef Chris Mortenson, La Condesa, St Helena, CA

Yield: 12 enchiladas (6 servings)

1 large jicama, peeled, sliced 1/16-inch thick

Pastor Sauce (recipe follows)

1 ripe fresh mango, peeled, seeded, cut into 12 long wedges

Garnish options: Maldon salt, Aleppo chili powder, micro cilantro, crumbled cotija

Blanch jicama slices in boiling water until very flexible, about 10 seconds. Quickly plunge into ice water to cool. Remove jicama slices from ice water and pat dry.

To assemble: Lay a jicama slice on a work surface and brush with Pastor Sauce. Place one mango wedge on bottom third of each slice and roll up. Repeat. Place enchiladas on a platter for family service or individual plates; top with your choice of garnishes.

Note: Assembled enchiladas can be held, refrigerated, up to one hour before service.

LATIN AMERICAN

Pastor Sauce

Yield: 1-2/3 cups

- 8 ounces guajillo chili paste
- 2 ounces cider vinegar
- 1³/₄ ounces chipotles in adobo
- 3 tablespoons grapefruit juice
- 1 teaspoon grapefruit zest
- 3 cilantro stems
- ³/₄ teaspoon ground oregano
- ¹/₂ bay leaf
- ¹/₂ clove garlic
- ³/₄ teaspoon ground black pepper

Place all ingredients in a food processor and process until pureed. Cover and refrigerate up to 6 days.

LATIN AMERICAN

Mahi Mango Tostadas

Recipe courtesy of National Mango Board

Yield: 12 Servings

- 6 garlic cloves, minced
- 6 chipotle chilies en adobo, seeded, chopped
- 1½ teaspoons adobo sauce
- 2 lemons, juiced
- 1½ teaspoons cumin
- 24 ounces yogurt, strained
- 6 ripe mangos, peeled, pitted, diced (about 4½ cups)
- 1½ cups thinly sliced scallions (white and light green parts only)
- 1 cup fresh cilantro leaves, chopped
- 3 tablespoons fresh orange juice
- 3 ripe avocados, diced
- 3 tablespoons chili powder
- Coarse salt and freshly ground black pepper, to taste
- Olive oil, as needed
- 3 pounds mahi mahi (or other firm white fish, 1½ inches thick)
- 12 tostada shells
- 3 cups shredded lettuce
- Lemon wedges



To make adobo sauce: Combine garlic, chilies, adobo sauce, lemon juice and cumin in a food processor to form a smooth paste. Add yogurt and pulse until thoroughly combined. Season with salt and pepper; set aside.

To make salsa: Combine mango, scallions, cilantro, orange juice and salt and pepper to taste. Just before service, fold in avocado.

To season and cook fish: Stir together chili powder, salt and pepper. Brush fish with olive oil and coat with spice mixture. Let stand for 15 minutes.

Cook fish on a hot grill, turning once, about 3 minutes per side. Remove from heat and slice into pieces. Keep warm.

Per serving: Spread tostada with ¼ cup yogurt mixture, sprinkle with ¼ cup lettuce, arrange fish on lettuce, and top with ¼ cup mango salsa. Serve with lemon wedge.

ASIAN

Thai Steak & Mango Salad

Recipe courtesy of Chef Allen Susser

Textures play a predominate role in this salad. The ingredients should be chilled but don't chill the salad after it is composed.

Yield: 12 Servings

- 9 cloves garlic, finely chopped
- 12 coriander roots, finely chopped
- 3 teaspoons Kosher salt
- 1 teaspoon freshly ground black pepper
- 9 tablespoons peanut oil
- 36 ounces sirloin steak
- 3 small heads bib lettuce, washed, leaves torn
- 3 firm ripe mangos, peeled, pitted, diced
- 3 medium cucumber, diced
- 12 large green onions, diced
- 6 tablespoons Asian fish sauce
- 6 tablespoons lime juice
- 3 tablespoons soy sauce
- 2 tablespoons chopped, fresh red chilies
- 2 tablespoons brown sugar
- 1½ cups fresh cilantro leaves

To prepare the beef: Using a food processor, pulse together the garlic, coriander roots, salt, black pepper and 6 tablespoons oil. Spread the mixture on the steak. Heat the remaining oil in a heavy pan. Cook the steak about 3 to 4 minutes on each side. Remove and cool.

To prepare the salad: Slice the cooked steak into thin strips. Place the prepared lettuce on the serving plate and arrange the mango, cucumber, green onion and strips of steak on top.

To make the dressing: In a small bowl combine the fish sauce, lime juice, soy sauce, red chilies and brown sugar. Stir until sugar is dissolved.

To serve: Drizzle the salad with the dressing and scatter cilantro leaves over the top.

ASIAN



Mango & Green Papaya Salad

Recipe courtesy of Chef Kian Lam Kho, Lotus Blue Dong Tian Kitchen & Bar, New York, NY

This recipe was inspired by the cuisine of the Yunnan province, located in the far southwest area of China, which borders Vietnam.

Yield: 4 servings

- 2 cups (5 ounces) green (crisp) papaya, peeled, julienned
- 1 cup (2 ounces) enoki mushrooms, bottom cut off
- 1 cup (3 ounces) cucumber, julienned
- 2 cups (12 ounces) ripe fresh mango, peeled, pitted, julienned
- Yunnan Tomato Salsa (recipe follows)
- $\frac{1}{4}$ cup (1 ounce) ground peanuts
- $\frac{1}{4}$ cup cilantro leaves
- $\frac{1}{4}$ cup Thai basil leaves
- $\frac{1}{4}$ cup mint leaves

Per order: Layer the green papaya, enoki mushrooms, cucumber, and mango. Dress each salad with 2 tablespoons Yunnan Tomato Salsa and sprinkle with 1 tablespoon ground peanuts. Garnish each salad with 1 tablespoon each: cilantro, basil, and mint leaves. Serve immediately.

ASIAN

Yunnan Tomato Salsa

Yield: 2 cups

- 1½ cups (13 ounces) peeled, seeded, finely chopped tomatoes
(4 to 5 tomatoes)
- 2 tablespoons (1 ounce) pickled red chili, finely chopped
- ¼ cup (2 ounces) fresh lime juice
- ¼ cup cilantro, roughly chopped
- 2 tablespoons minced ginger
- 2 tablespoons minced garlic
- 1 tablespoon sugar
- 1½ teaspoons salt

Blanch tomatoes in boiling water for 30 seconds to 1 minute. Let cool and slip the skins off. Cut the tomatoes in half, remove the seeds, and chop into a fine pulp. Add remaining ingredients to tomato pulp and mix well. Hold refrigerated.

Green Mango Slaw

Recipe courtesy of Chef Allen Susser

This is a fusion slaw. Though you might find this flavor profile deep in the streets of Malaysia, it goes great with barbecued ribs. In the Caribbean we would replace the fish sauce with crushed hot chilies.

Yield: 3 cups

- 2 green mangos, peeled, pitted, coarsely shredded
- 1 large carrot, peeled, coarsely shredded
- 1 small red onion, thinly sliced
- 2 tablespoons roughly chopped fresh mint
- 2 tablespoons roughly chopped fresh basil
- 3 tablespoons roughly chopped fresh cilantro
- 1 teaspoon minced garlic
- ¼ cup fresh lime juice
- 2 tablespoons sugar, or to taste
- ¼ cup fish sauce

In a large bowl, combine the mango, carrot and onion. Toss together with the fresh herbs. In a small bowl, combine the garlic, lime juice, sugar and fish sauce. Mix until sugar is dissolved. Pour the lime mixture into the slaw and toss, coating well. Cover and refrigerate about 1 hour.

CARIBBEAN



Jerk Chicken with Spicy Mango Salsa

Recipe courtesy of Chef Allen Susser

Yield: 4 servings

- 2 ripe mangos, peeled, pitted, diced ¼-inch
- ¼ cup lime juice
- 2 tablespoons brown sugar
- ½ teaspoon crushed red pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon cinnamon
- ¼ teaspoon ground allspice
- 4 boneless, skinless chicken breasts, flattened slightly (about 1½ pounds)
- 2 tablespoons Jamaican jerk seasoning blend
- 1 lime, quartered

To make Spicy Mango Topper: Stir together mango, lime juice, brown sugar, red pepper, garlic powder, cinnamon and allspice in a medium bowl; set aside.

Per order: Rinse chicken breast and pat dry. Sprinkle on both sides with jerk seasoning and let stand for 10 minutes. Cook on a well-oiled grill over medium heat for about 5 to 7 minutes on each side, until chicken is cooked through. Remove from grill and plate next to mixed greens. Squeeze lime over chicken, followed by mango salsa.

CARIBBEAN

Mango Souscaille

Recipe courtesy of Chef Allen Susser

This finger food is derived from an old Martinique recipe. The Creole translation of souscaille means “under the house” and mango souscaille means “a drunken or marinated mango.”

Yield: 8 servings

- 1 green mango, peeled, pitted, cut in ½-inch slices
- 1 cup cold water
- 2 cloves garlic, crushed
- ½ teaspoon Kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ medium Scotch bonnet chili, minced
- 2 medium limes
- 8 slices prosciutto
- 8 tarragon leaves

To prepare the mango: Place the mango slices in an earthenware dish. Mix remaining ingredients in a small bowl and pour over the mango. Cover and refrigerate for at least 30 minutes, preferably for 24 hours.

To prepare the souscaille: Fold the prosciutto lengthwise to accommodate the side of the mango slice. Place 1 slice mango and one tarragon leaf on each piece and roll up into a cylinder.

Mango Macadamia Nut Rice

Recipe courtesy of Chef Allen Susser

Mango and macadamia nuts add depth of flavor to rice and the spices perfume the mixture, creating an alluring accompaniment to poultry, pork and as part of a vegetarian plate.

Yield: 12 side dish servings

- 3 tablespoons olive oil
- $\frac{3}{4}$ cup macadamia nuts
- 15 whole black peppercorns
- 3 whole cloves
- 3 cardamom pods
- 1 cinnamon stick (2-inch piece)
- $1\frac{3}{4}$ cups Basmati rice
- $\frac{3}{4}$ teaspoon saffron, soaked in 1 tablespoon hot water
- $1\frac{1}{2}$ teaspoons Kosher salt
- 3 cups water
- 1 ripe mango, peeled, pitted, diced
- $\frac{1}{4}$ cup golden raisins
- 2 tablespoons thinly sliced green onion, for garnish

To prepare nuts and spices: Heat oil in a large saucepan over medium low heat. Add nuts and continuously shake pan until nuts are golden brown. Remove nuts from pan with a slotted spoon, keeping oil in the pan, and set aside. Add all spices to the same pan and stir constantly until aromatic, about 2 minutes.

To prepare rice: Stir rice into spice mixture. Add saffron and salt, stirring until rice is well coated. Add water and bring to a boil. Reduce heat and simmer, covered, 15 minutes or until liquid has been absorbed. Remove from heat and stir in mango, raisins and toasted nuts. Cover and let stand for 5 minutes.

Per order: Heat $\frac{1}{2}$ cup rice mixture and garnish with slightly less than 1 teaspoon green onion.

REGIONAL AMERICAN

Mango Quinoa Salad with Mango Citrus Dressing

*Recipe courtesy of
Chef Ehrline Karnaga,
Valhalla Table, Costa Mesa,
CA*



Yield: 12 salads

- 6 heads Romaine lettuce
 - 3 fresh ripe mangos, peeled, pitted, diced
 - 3 fresh ripe avocados, peeled, pitted, quartered
 - 3 cups cooked quinoa
 - 1½ cucumbers (20 ounces), peeled, diced
 - 1½ red bell peppers (12 ounces), seeded, diced
 - 3 cups tortilla strips
- Mango Citrus Dressing, recipe follows

To assemble each salad, toss ½ of one Romaine, 2 oz diced mango, ¼ of one avocado, diced, ¼ cup quinoa, 1½ ounces cucumber, and red bell pepper with about 2 ounces Mango Citrus Dressing. Top with ¼ cup tortilla strips.

Mango Citrus Dressing

Yield: 3 cups

- 1 very ripe fresh mango, peeled, pitted, roughly chopped
- 2 ounces lemon juice
- 2 ounces orange juice
- 4 ounces rice vinegar
- 2 tablespoons honey
- 2 teaspoons salt
- ½ teaspoon freshly ground black pepper
- 1 tablespoon red pepper flakes (optional)
- 12 ounces canola oil

Puree ingredients in a food processor. Slowly drizzle in canola oil to form an emulsion. Store refrigerated.

REGIONAL AMERICAN

Pulled Pork Sandwich with Mango Barbecue Sauce

Recipe courtesy of National Mango Board

Yield: 8 large or 16 small sandwiches

Mango Barbecue Sauce

- 1 ripe mango, peeled, pitted, mashed
- 1 jalapeño peppers, seeded, finely chopped
- 1½ cups bottled barbecue sauce
- ¼ cup lime juice
- 2 tablespoon brown sugar
- Hot sauce (optional)

Pork

- 2 teaspoon ground cumin
- 2 teaspoon garlic powder
- 2 teaspoon dried oregano
- 3 pound boneless pork loin, cut into 2-inch chunks
- 2 tablespoon vegetable oil, divided
- 1 large yellow onion, chopped
- 1 mango, peeled, pitted, mashed

8 soft sandwich rolls

To prepare the sauce: Stir together all sauce ingredients in a saucepan and bring to a boil; reduce heat and simmer, covered, for 30 minutes.

To prepare the pork: Stir together spices in a medium bowl; add pork and toss until coated. Heat 1 tablespoon oil in a stock pot. Add pork and cook until browned on all sides. Remove from pot. Heat remaining oil and add onion; cook and stir over medium-high heat for 5 minutes to brown. Add pork back to pot with mango and 1½ cups mango barbecue sauce (reserve remaining sauce for serving); cover and cook over low heat for 2½ hours or until meat shreds easily with a fork.

Serve shredded pork on rolls with a drizzle of Mango Barbecue Sauce.



QUIZ/REVIEW QUESTIONS

1. List three ways to incorporate fresh mango into a menu.

2. Mangos are not indigenous to Indian, Asian, Latin American and Caribbean cuisines.

TRUE or FALSE

3. Name two of the five attributes that fresh mango adds to a recipe.

4. Pureed very ripe mango adds body and a layer of flavor to salad dressings and sauces.

TRUE or FALSE

5. Mango condiments serve as a flavor bridge to connect the flavors of other components on a plate.

TRUE or FALSE

QUIZ/REVIEW ANSWERS

1. Breakfast, condiments, appetizers, salads, salad dressings, entrees
2. FALSE
3. Fresh, natural appeal; contrasting color; refreshing taste and texture; exotic, tropical interest; nutritional value
4. TRUE
5. TRUE



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