



# SHARE MANGO LOVE

➤ MEXICO ◀

*We sought to understand the significance of mangos within the richly layered culture and cuisine of Mexico. This story was only to be found in the streets, markets, and tables of Mexico City but told best from the hearts of Mexican people. We are honored to bring you this story, and to share with you Mexico's love and passion for this otherworldly fruit.*





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# MANGOS CAME TO MEXICO

—and flourished

**Many foods are delicious, some foods we crave, and a few foods inspire passion. One food embodies it all: mango.**

To Mexicans, mangos are as basic to taste memories as apples are to Americans.

“I remember mangos practically from my birth,” says Ricardo Muñoz Zurita, chef at the Azul restaurants in Mexico City. “I’m originally from Tabasco and Veracruz, in the southeastern part of Mexico—two of the leading states for growing and eating mangos. I’ve always been surrounded by mangos, ever since I was a kid, and so the mango is also the first fruit I really remember.” During mango season (April, May and June) everyone practically forgets whatever else is around and everyone just eats mangos.” Perhaps an exaggeration, but that’s what passion does, especially when refined by custom and history.

Nothing says “Mexico” like mango, chile, lime and salt.



A pair of street vendors,  
sharing mango love.



Mangos were introduced to Mexico from the Philippines in 1775 as part of the Manila-Acapulco Galleon Trade route which brought porcelain, silk, ivory and spices from China to Mexico in exchange for New World silver. At some point, along with the other exotica, mangos made the same East to West journey. Now the Manila mango is among the most beloved varieties of mango in Mexico. Though there's plenty of love for other varieties, including Ataulfo, Haden, Criollo, Petacon, Tommy Atkins, Keitt and Kent, to name a few.

And although some varieties don't make it up to the U.S., many travel well—the Ataulfo, for example, is easy to find in the U.S. and is probably Mexico's second favorite variety. While some mangos are so tender they are difficult to eat except out of hand, preferably leaning over a sink so you're not drenched in the exuberant juices, the golden Ataulfo's creamy texture, often described as “buttery,” holds up better when sliced or diced. Its smooth, almost avocado-like texture and its mildly tart sweetness means this mango is quietly adaptable to many cuisines. “Not all mangos arrive to market at the same time,” Muñoz Zurita says. “Mexicans have learned to eat different varieties of mangos as the season advances.” Fortunately, as more cultivars are developed and the growing season has lengthened, the season of mango has lengthened, too.

The mango is quite compatible with the spice and complexity of Mexican food. Its flavor thrives in a culinary crossroads like Mexico City, where 1,000 year-old pre-Columbian traditions exist alongside haute cuisine, cutting edge trends and culinary traditions inherited from indigenous people, Spain, France, the Mideast (and, of course, North America), the mango thrives. According to the Culinary Institute of America Center for Latin Studies, “no other place in Mexico provides more insight into the ingredients, regional foods, and culture [of Mexico]” than Mexico City. The mellow mango slides in and complements all of it. Mango salsa or mango guacamole is great with chicken, pork and fish, the primary proteins of Mexico. Mango slices balance out the starch of rice, beans and corn. And the simple flavor combination of mango, chile, lime, and salt is iconically Mexican.



Vendors sell mangos in street markets and carts all around Mexico City. Martin Jimenez started selling mangos when he was 16—33 years ago. His taste for the fruit hasn't waned.

"Here, most Mexicans' favorite way to eat mangos is to peel them and eat them, without even slicing them. It tastes better. That's the most traditional way here. People peel them and eat them whole. And people here eat them ripe. Very ripe. But I've seen people from other countries come and want to eat the green mangos. Colombians eat them green. I met a guy from Honduras who also ate green mangos—really green ones." He shakes his head. "Look how ripe this one is. Wouldn't you like to try it? I'll slice it."

"The mango is without doubt the king of the tropical fruits," declares Muñoz Zurita. He adds, "Here's something interesting: We are very festive in Mexico, and there are lots of cakes served at different moments in the year. But there are rarely homemade cakes. One reason for this, which I learned doing extensive research, is because we have so much fresh fruit all year long in Mexico. And when there are mangos in the house, all you want to do is slice and eat them with a spoon as dessert. It can be the most delicious thing. The mango doesn't need any help from humans."



Fresh foods are inherent  
to Mexican food culture.





Mexicans enjoy many varieties of mangos, which make their way into the markets throughout most of the year.





## ..... MANGO FORK .....

Although now hard to find (except in a Mexican grandmother's kitchen, perhaps), mango forks were once ubiquitous. Designed with one purpose in mind, the three-pronged fork spears the mango for easy handling, peeling... and devouring.



Dense city in the mountains: What started as a village in 1325 is now what modern economists call an “alpha global city” of about 22 million people, a melting pot of cultures and cuisines—the indigenous people, the Spanish conquerors and waves of later immigrants from North America, South America, Central America, Europe and the Asia-Pacific. In other words, the world has come to Mexico City.

# THE MEXICO CITY EXPERIENCE

**It takes some serious imagination to wrap your head around the fact that Mexico City—a sprawling economic, political, and cultural hub with a metro area population of about 22 million—was once a tiny little island in the middle of Lake Texcoco in the Valley of Mexico.**

And that was a mere seven centuries ago. Established in 1325 as Tenochtitlan by the indigenous Mexicans, this was the center of the Aztec empire, and it rapidly grew to a population of 200,000 when the Spanish arrived in 1519. They brought with them a new religion, language, and culture. Within a mere two years, the Spanish invaders had conquered the Aztec empire, and systematically began steps to erase the 3,000-plus years of ancient Mexican civilization. Lake Texcoco was drained overtime while Mexico City grew to occupy the dry ground left behind. And now, it is a small lake surrounded by salt marshes sitting just east of the city.





Today Mexico City is a bustling urban metropolis—one of the largest economic centers in the world. A study in contrasts, Mexico City is an amalgamation of modern and colonial from its architecture and museums to its fashion and food. And although its cosmopolitan vibe is obvious in the trendy boutiques and cafes dotting the city, tradition is ever-present. Mexico City is the ideal place to experience the richness of Mexican culture and discover the story of mango—in the market, on the street, and at the table.

**LEFT and CENTER** The streets of this vibrant urban multicultural center are crowded with avid pedestrians and cyclists. **RIGHT** Old becomes new—a modern green wall inside a former colonial palace in the Centro Historico which is now home to a high end restaurant, boutique hotel, and unique shops celebrating Mexico's artisans and indie entrepreneurs.



.....THE ZOCALO.....

Called the "Zocalo" and once a ceremonial plaza for the Aztecs, the plaza in front of the Cathedral and National Palace is a social, political and cultural center, as well as a spiritual and historic one.







Vendors dart this way and that, transporting goods from one place to the next on dollies stacked high with mango crates.

# IN THE MARKET

CENTRAL DE ABASTO

**The beating heart of Mexico's fresh food distribution network, Central de Abasto is the world's largest market and by all respects is a city within a city—except this city is truly all about food.**

Fresh produce, meat, seafood and spices arrive at Central from all over the world. Need a molcajete (a Mexican mortar and pestle made from volcanic stone)? A set of knives? You'll have plenty of options. Central spans 327 hectares; the produce area alone includes 9,500 stands, and approximately 35% of all the food consumed in the country moves through this vast market. Its distribution network includes public neighborhood markets, street vendors, chain grocery stores and other commercial outlets throughout the country. Central provides the lifeblood of Mexico's delicious cuisine—fresh, high quality ingredients—foods deeply valued by Mexican culture.





Color doesn't indicate ripeness. And taste sells. A mango vendor slices a mango to demonstrate creamy ripeness and woo buyers with mouth-watering flavor.





Mangos arrive at Central de Abasto in wooden crates stacked in towers like a delicious city skyline.

Stepping foot into Central, the senses feast—and in some ways, it's a step back in time. Vividly colored fresh fruit and vegetables are neatly merchandised for eye level appeal or stacked ceiling high. The air is filled with intoxicating aromas as you walk past displays of chiles, guava, garlic, oranges, limes, and mangos, while a musical soundtrack juxtaposes traditional Mexican tunes and 80's American hits. Men, women, young, old, and in-between, workers, mothers, children and tourists crowd the stalls, shopping or waiting patiently for fresh tacos al pastor as vendors flip fresh corn tortillas on a griddle. Above the bustle float the voices of market vendors hollering and whistling to attract customer attention as well as a complex language of communicative whistles used by the 12,000 diablitos (men heaving dollies piled high with produce) barreling through the aisles daily.






The importance of chilies in Mexican cuisine cannot be overemphasized; whether it's a whisper of heat or a brief blast, chilies are the punctuation of Mexican food.





**LEFT** and **RIGHT** As the year progresses, different mango varieties come into season—their abundance celebrated. **CENTER** A hand-painted mural of mangos on a vendor's wall is testament to Mexico's longtime love affair with the mango.





Freshly cut mango, ready  
for the taking.

# IN THE MARKET


TIANGUIS (ROAMING  
STREET MARKET)

**Neatly tucked within a park in  
Colonia San Rafael, an open-air  
neighborhood market provides easy  
access to the season's offerings.**

Stalls brim with brightly colored produce, freshly squeezed fruit juices, edible insects, colorful salads, mixed nuts, dried fruits—a bountiful array of goodness. Shoppers stroll the aisles, looking, tasting, buying. Each vendor is canopied by a translucent red tent, casting a warm, pink-colored light across the market.

Need a mango expert? We've found one. Joel Hernandez's father helped start his stand in the roaming market in 1970 when Joel was 11 years old. This kind-faced man with skin tanned from sunny market days has been selling mangos at his fruit stand for 44 years, yet his love for this fruit has not waned, "I eat them all the time...I begin every day with one." He's not just here to sell



A man with dark hair and a white shirt is peeling a yellow mango. He is wearing a dark blue apron with a colorful embroidery of various fruits (pineapple, banana, watermelon, lime, strawberry) and the text "LO MIO NO ES SUERTE SON PURAS" and "ONES". The background is a busy outdoor market with other people and stalls.

Some of the best mango stories come from the hearts of mango vendors, many of whom have been selling mangos for their entire careers. According to Joel Hernandez, a fruit vendor, when mangos are in season, all fruit sales increase.





you mangos. He wants to tell you the story of mangos—the varieties available, where they come from, how they’re produced, how they’re eaten, and that for some reason, just having mangos around seems to lift the sales of all fruits. “The top selling fruit is mangos.” The classic way to eat a mango? Peeled and sliced with lime, salt, and a little bit of chile.



**ABOVE** In neighborhood markets, fresh mangos transform into fresh mango juice.





# ***ON THE STREET***

**Quality food—fresh and  
handmade—is inherent to  
traditional Mexican food culture.**

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And in Mexico City, it's as if the markets spill their bounty directly into the hands of the street vendors. Sidewalks are decorated with traditional street foods—aromatic and savory small bites and entrees to satisfy a hungry belly. And on street corners, fresh fruit abounds—mostly gold-fleshed, perfectly ripe mangos—an irresistible and nourishing treat. They are sold directly from carts in a variety of ways. And as you taste your way through the city, you'll notice that mangos show up in other places as well: paletas (popsicles), helados (ice creams), macaroons, candies, and simple dried fruit snacks. Wherever you turn, you find mango.





..... A MANGO A DAY .....

In Mexico, it's common for people to eat mangos every day. Not a bad idea.

1 CUP OF MANGO=

- 100 Calories
- 100% of daily vitamin C
- 35% of daily vitamin A
- 12% of daily fiber
- Over 20 vitamins and minerals
- No cholesterol, sodium, or fat
- Amazing flavor
- Straight up joy



**TOP** A mango and chile paleta (popsicle) cools in the Mexico City sunshine. **BOTTOM LEFT** Sometimes, fresh mango slices are paired with chamoy, an intoxicating sweet-sour-salty-spicy paste made from pickled fruits and chile. **BOTTOM RIGHT** Fresh mango vendors are easy to spot on street corners. Who can resist this sweet pop of color?



..... A GLOBAL FRUIT .....

Originally from India, mangos are now a global fruit. Most are grown—and eaten—in India. But in the U.S., mangos come from Mexico, Ecuador, Peru, Brazil, Guatemala, Haiti and Nicaragua. Hawaii produces mangos, but eats them all. Puerto Rico, Florida and Southern California also grow mangos, but Mexico is the largest exporter of mangos to the U.S.



When you see this blue wall in Mexico City, you know you're at Frida Khalo's house. And when fresh mango finds its way to your mouth, you're in a happy place.





The tree-filled patio at Azul provides a rest from the chaotic Centro Historico.



# ON THE TABLE



## AZUL HISTORICO

**In the kitchens of Mexican restaurants and homes, tradition is ingredients, celebration is flavor, and love is nourishment. And mangos are abundant and cherished, elevating the familiar with creave-worthy flavor.**

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Internationally-acclaimed chef Ricardo Muñoz Zurita is regarded as one of the world's foremost experts on traditional Mexican cuisine. After all, he wrote the dictionary on Mexican ingredients, *Diccionario Enciclopedico de la Gastronomía Mexicana*, and is a sought-after expert for cookbooks, restaurant menu development, and culinary conferences throughout the world. At his downtown restaurant, Azul Historico, Muñoz Zurita dedicates the entire month of April to celebrate the mango. During this "mango festival," he debuts a special menu, each item featuring fresh mango.



# TROPICAL MANGO GUACAMOLE

Ricardo Muñoz Zurita, Chef – Owner of Azul Historico

**YIELD:**  
**4 SERVINGS**

Mango's sweetness brightens the richness of avocado. Muñoz Zurita is careful not to pulverize the fruits in his molcajete (a Mexican mortar and pestle made from volcanic stone), maintaining bite size cubes of creamy mango and avocado.

## INGREDIENTS

- 1 ripe mango, diced into ¼-inch cubes
- ¼ cup of jicama, diced into ¼-inch cubes
- ¼ cup red onion, finely chopped
- ¼ cup of garlic, finely chopped
- 2 tablespoons fresh lemon juice
- ½ teaspoon salt
- ¼ teaspoon freshly-ground black pepper
- 2 ripe avocados, peeled
- 2 tablespoons cilantro, chopped

### Optional

- 1 tablespoon red pomegranate seeds (optional for garnish)

## INSTRUCTIONS

In a medium size bowl, mix the mango, jicama, onion, garlic, lemon juice, salt and black pepper. Set aside. In another bowl, add the peeled avocado and mash until soft. Add the mango mixture to the avocado and mix. Top with cilantro and pomegranate seeds (if using), and serve with tortilla chips.

## NUTRITION *per 1 serving* . . . . .

230	15g	0mg	26g	13g	9g	3g	300mg
CAL	FAT	CHOL	CARB	SUGAR	FIBER	PROTEIN	SODIUM







# MANGO PICO *de* GALLO

Ricardo Muñoz Zurita, Chef – Owner of Azul Historico

**MAKES 2½ CUPS  
OR 5 HALF-CUP SERVINGS**

Fresh mango adds a sweet twist to pico de gallo. Served as an *antojito* (appetizer) with mezcal. This is great side dish to go with grilled meat.

## INGREDIENTS

- 1 tomato, cut into ¼-inch cubes
- 2 tablespoon white onion, finely diced
- ¼ cup cilantro, finely chopped
- 1 serrano chili, without stem, finely chopped
- 2 ripe mangos, cut into ½-inch cubes
- 2 tablespoons fish sauce

## INSTRUCTIONS

Place all ingredients in a large bowl and mix being careful not to beat or mash the mango. Cover and refrigerate until ready to serve.

## NUTRITION *per 1 serving* • • • • •

50	0g	0mg	12g	10g	2g	1g	570mg
CAL	FAT	CHOL	CARB	SUGAR	FIBER	PROTEIN	SODIUM



# GROUPER FILLET

with MANGO PICO de GALLO

Ricardo Muñoz Zurita, Chef – Owner of Azul Historico

YIELD:  
2 SERVINGS

Mango Pico de Gallo elevates the simplicity of fresh fish.

## INGREDIENTS

- 2 (6 ounce) grouper fillets
- ½ teaspoon salt
- 2 tablespoons avocado oil
- 1 cup cooked white rice
- 1 cup Mango Pico de Gallo, previous page
- 1 tablespoon chopped cilantro

## INSTRUCTIONS

Place the fillets on a clean, flat surface. Sprinkle with salt on both sides and set aside.

Heat 1 tablespoon oil in a pan over medium heat. Just before it smokes, add the fillet and fry on one side for approximately 3 minutes. Flip fillet and continue frying until flesh is completely white, about 2-3 minutes. Remove fillet from pan and place on a dish. Repeat with the remaining fillet.

Place a ½ cup scoop of rice on a warm plate. Place the fish next to the rice and pile the pico de gallo over half of the fillet. Sprinkle with cilantro and serve.

## NUTRITION per 1 serving

210	11g	45mg	16g	6g	3g	13g	530mg
CAL	FAT	CHOL	CARB	SUGAR	FIBER	PROTEIN	SODIUM





Jorge and Beto's menu will gather friends and neighbors around the table for an inspired mango feast.



# ON THE TABLE



## CASA JACARANDA

Home cooks can learn the essentials of traditional Mexican cooking at Casa Jacaranda, a cooking school tucked away in a beautiful Colonial-era home in the La Roma neighborhood of Mexico City. Jorge Fitz and Beto Estua are the consummate educators and entertainers—leading market tours and cooking classes that celebrate and honor authentic Mexican cuisine. But tonight, it's a dinner party for neighbors and friends.









# MANGO, TOMATILLO and CHIPOTLE SALSA

Jorge Fitz and Beto Estúa, Owners of Casa Jacaranda

**YIELD: APPROXIMATELY  
5 CUPS (1½ QUART) OF SALSA**

## INGREDIENTS

- 12 medium ripe tomatillos
- 1 mango, sliced in cubes
- ⅔ medium white onion, cut in 1-inch rings
- ½ cup chipotles in adobo, drain and reserve adobo sauce
- 1 teaspoon sea salt
- 2 tablespoons fish sauce

## INSTRUCTIONS

Remove the paper-like husk from the tomatillo, wipe them if necessary with a moist kitchen towel and put them whole on a very hot griddle or comal. (Granny says that when you remove the outer husk of the tomatillos, you shouldn't even rinse them "it'll make them lose their flavor"... so make sure you don't.) Turn them occasionally.

Put the onion slices on the griddle, turn and allow to char on both sides.

As soon as the tomatillos are evenly browned, take half of them off the griddle and place them on a tray to cool down. These shouldn't be over

cooked, as we want them to retain their form. Allow the other half of the tomatillos to completely char.

Remove any dark or burnt spots from the tomatillos that came off the griddle first then cut them in thin wedges or slices. When the second batch of tomatillos on the griddle start bubbling, take them off. Remove any burnt or dark skin then place them in a molcajete. Using the pestle, grind them to a chunky but homogeneous sauce.

Cut the mango cheeks off the mango, mark squares with a knife in each cheek and proceed to scoop the mango cubes out of the skin using a kitchen spoon. Add the mango to the molcajete and set aside.

Remove the charred onion from the griddle, cut and discard any dark char then slice onions thinly. Add to the molcajete.

Chop the chipotles and add them to the molcajete. Alternatively, you can also add them whole. Add some of the adobo sauce of the chipotle, too.

Finally, add the sliced tomatillos and sea salt; mix to combine. Serve or cover and refrigerate for later use.

## NUTRITION *per 1 serving* • • • • •

35	5g	0mg	7g	5g	1g	1g	150mg
CAL	FAT	CHOL	CARB	SUGAR	FIBER	PROTEIN	SODIUM



# PORK CARNITAS TACOS

with MANGO, TOMATILLO and CHIPOTLE SALSA

Jorge Fitz and Beto Estúa, Owners of Casa Jacaranda

**YIELD: 10 SERVINGS,  
2 TACOS PER SERVING**

## INGREDIENTS

- 4 cloves garlic
- 1½ cup water
- 1 pound pork shoulder
- 1 pound pork top loin
- 1 pound pork rib, boneless
- 1 tablespoon sea salt
- 1 tablespoon vegetable oil
- 1 each whole banana leaf
- 2 leaves Mexican bay leaf
- 6 berries allspice
- 2 cups water
- ½ medium white onion, thin sliced
- ⅓ cup rendered pork lard
- 20 corn tortillas, about 4.5 inches round
- 1 cup cilantro, chopped
- 20 each fresh lime wedge
- 1.3 quart Mango, Tomatillo and Chipotle Salsa, previous page

## INSTRUCTIONS

Peel the garlic cloves and grind well in a food processor, while slowly adding the water. Reserve.

Rinse the meat and pat dry with paper towels. Place the meat in a large dish. Cover the meat with the pureed garlic mixture using a basting brush, then sprinkle with sea salt. Cover and refrigerate for at least 1 hour or overnight.

Remove meat from the marinade. Heat the oil in a heavy bottom pan, Dutch oven, or directly in the pressure cooker over medium high heat.

Sear all the pieces of meat in the oil until brown on all sides (the meat will look thoroughly cooked and will start to smell good). Using tongs, remove the meat from the pan and set aside on a tray that will catch any drippings.

When all the meat is browned, let it rest for at about 15 minutes on the tray.

Add all the meat drippings to the pot, along with the Mexican bay leaves, the allspice and the 2 cups of water.

*continued —*





Cut the long banana leaf in two shorter sections, placing the two sections — dull side down and shiny side on top — to make a cross. Wrap the meat with the crossed banana leaves, then place into the pressure cooker.

Place the meat in the pressure cooker for 45 minutes, starting to time it when the pot begins to hiss, or when the pressure has reached optimal level.

Meanwhile, using a large fry pan, melt the lard over medium-high heat and add the sliced white onion. Sauté until the onion until it darkens on the thinner parts.

Take the meat out of the pressure cooker, drain well and add into the lard and onion mixture. Reduce the heat to medium.

Allow the meat to caramelize, turning occasionally. Continue to heat on the stove until it darkens on all sides and begins to fall apart.

Serve immediately with warm tortillas, chopped cilantro, slice of lime and Mango, Tomatillo and Chipotle Salsa.

**NUTRITION** *per 1 serving / 2 tacos* • • • • •

240	11g	45mg	20g	6g	3g	14g	540mg
CAL	FAT	CHOL	CARB	SUGAR	FIBER	PROTEIN	SODIUM







# MANGO *and* PLANTAIN FLAMBÉ

*Jorge Fitz and Beto Estúa, Owners of Casa Jacaranda*

**YIELD:**  
**8 SERVINGS**

## INGREDIENTS

- 2 mangos
- 1 ripe plantains
- 1 cup turbinado sugar
- 1 ounce butter
- ½ cup fresh orange juice
- ⅓ cup mezcal or triple sec
- ⅛ teaspoon table salt

## INSTRUCTIONS

Heat a heavy pan on high.

Prepare the fruit: use the whole fleshy cheeks of the mangos and cut the plantain in 4 long slices.

Sprinkle ½ cup sugar in the pan evenly and flat on the bottom of the hot pan. Continually add more sugar slowly or quickly (depending on the temperature of the pan) until all sugar is in the pan and begins to caramelize.

Add the butter and stir to incorporate. The caramel will become more flexible. Stir in the orange juice.

When the sauce is thick, add the fruit. Season with a pinch of salt. Let the juices release.

Set the heat to medium. Toss only once or twice to avoid breaking up the fruit. Let simmer for a couple of minutes.

Remove pan from the heat. Quickly, add the mezcal or triple sec, then put the pan back near the flame and safely flambé. Cook until the liquid has subsided and the caramel sauce is thick again.

Remove from heat and allow to cool down to room temperature. Serve immediately, preferably with a scoop of vanilla ice cream.

## NUTRITION *per 1 serving* • • • • •

240	3.5g	10mg	49g	43g	2g	1g	40mg
CAL	FAT	CHOL	CARB	SUGAR	FIBER	PROTEIN	SODIUM





## THE NATIONAL MANGO BOARD

The National Mango Board is an agriculture promotion group supported by assessments from both domestic and imported mangos. The board's vision, to bring the world's love of mangos to the U.S., was designed to drive awareness and consumption of fresh mangos in the U.S. marketplace. One cup of the superfruit mango contains 100 calories, 100% of daily vitamin C, 35% of daily vitamin A, 12% of daily fiber, and an amazing source of tropical flavor.

**LEARN MORE AT [MANGO.ORG](http://MANGO.ORG).**