

Cooking Corner

Add Mangos To A Traditional Favorite

(NAPS)—One of the best ways to complete an excellent family meal is to include something flavorful, warm and sweet in your dish. Take a traditional Mexican favorite—the tamale—and sweeten with delicious mangos, one of the world's most popular fruits.

The mango is a versatile and delicious ingredient that can be added to a variety of traditional dishes and can be part of a healthy lifestyle. Perfect for any occasion or meal—from a hearty breakfast to the perfect side dish—mangos are available year-round.

No matter the occasion, add Sweet Mango Tamales to a traditional meal. Incorporating the exotic taste of mango and the comfort of brown sugar and cinnamon to warm tamales will ensure each bite melts in your mouth. For more tasty recipes featuring mangos and information on how to select and cut mangos, go to www.mangoinfo.org.

Sweet Mango Tamales

Prep time: 45 minutes

Cook time: 1 hour

12 large, dried corn husks, soaked in warm water to soften

2 cups masa harina (corn flour)

½ cup softened butter

½ cup brown sugar

1 tsp. baking powder

1¼ tsp. cinnamon

2 cups Kerns mango nectar

2 cups chopped ripe mango (about 2 mangos)

Lime wedges (garnish)



Mangos provide a sweet alternative to the traditional tamale.

Remove husks from water and pat dry. In a medium bowl, beat together masa, butter, brown sugar, baking powder and cinnamon until fluffy. Beat in nectar until smooth. Spread equal amounts in the center of each corn husk; top with 2 tbsp. chopped mango. Bring in the sides of the corn husks so that the edges of the masa meet, then fold in both ends to enclose filling. Steam for 1 hour, then let cool slightly. **Mango Topping:** Combine ¼ cup orange liqueur or orange juice, ¼ cup brown sugar, 1 tbsp. butter and dash cinnamon in a small saucepan. Cook over medium heat for about 5 minutes or until slightly thickened, stirring frequently. Stir in 2 cups chopped ripe mango (about 2 mangos) and cook for a few minutes more. Serve warm sauce over warm tamales with lime wedges on the side. Makes 12 servings.

Note to Editors: Although this story is evergreen and may be used at any time, Hispanic Heritage Month runs from September 15 to October 15.

Did You Know?

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