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**A VACATION IN YOUR KITCHEN—CHEF ALLEN SUSSER AND  
CENTRAL MARKET BRING HOME TROPICAL FLAVOR!**

*Chef Allen Susser educates consumers about mangos and their culinary uses*

**Austin, Texas (May 8, 2007)** – No time for a vacation? Miami’s Chef Allen Susser can show you how to bring a taste of the tropics to your kitchen. Chef Allen is tempting the palates of Texans with a mango-infused cooking class at all Central Market cooking schools during the first week of June. His unique “Palm Tree Cuisine” is fresh, flavorful and inspired by tropical ingredients—including his personal favorite, the mango.

The mango is one of the world’s most popular fruits and, although consumption has increased dramatically in recent years, only about 30 percent of U.S. households consume mangos today. Consumer research commissioned by the National Mango Board indicates that many U.S. consumers are hesitant about fresh mangos because of a lack of confidence in selection and handling. While there are literally hundreds of varieties, six major varieties are typically found in stores and markets. Mangos are available year round and are more accessible than ever before, with many entering the U.S. market right at the Texas border.

Mangos are an excellent source of both vitamins C and A and are also a good source of fiber. Consumers want nutrition and flavor bundled into one convenient package, so there’s no better time to embrace this luscious fruit! And, there’s no better way to educate consumers than to take them into the kitchen and show them how it’s done.

For his class at Central Market, Chef Allen will explain how to properly select mangos, demonstrate simple techniques for handling them at home and show how to prepare delicious recipes that will turn any kitchen into a tropical oasis.

**Who: Chef Allen Susser of Chef Allen’s in Miami, Fla.**

**What: Magical Mango Tour Cooking Class**

**When and Where: Central Market Cooking Schools**

**Dallas, June 4, 6:30-9:00 p.m.**

**Houston, June 5, 6:30-9:00 p.m.**

**San Antonio, June 6, 6:30-9:00 p.m.**

**Austin, June 7, 6:30-9:00 p.m.**

**Fort Worth, June 8, 6:30-9:00 p.m.**

**Cost: \$70 (Price includes cost of class and a copy of *The Great Mango Book* by Chef Allen Susser)**

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**About Central Market**

Central Market's 75,000-square-foot serpentine-flow, full-view European-style layout created a completely new food shopping experience—never before offered with such entertainment and excitement. A bountiful produce department with unmatched quality and variety, an 80-foot seafood case with selections flown in daily from throughout the world, hundreds of cheeses, 3,500 wine labels and stupendous specialty grocery aisles with delights from every continent are among the exclusive features that make the Central Market experience unique. For more information, visit [www.centralmarket.com](http://www.centralmarket.com).

**About National Mango Board**

The National Mango Board is a national promotion and research organization supported by production assessments from both domestic and imported mangos. Per-capita consumption of mangos nearly tripled since 1992 reaching 1.9 pounds in 2005. Official figures for 2006 have yet to be released, but the year's record crop is expected to push per-capita figures above 2.0 pounds. Mango imports to the United States in 2006 reached 638 million pounds. The board was designed to drive awareness and consumption of fresh mangos in the U.S. Mangos are an excellent source of vitamins A and C and a good source of fiber.

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