

Extraordinary Flavors

Fresh Mango and American Lamb — an Inspired Combination



FAMILY FEATURES

Family celebrations can easily be transformed into amazing culinary occasions by choosing simple foods with extraordinary flavors. The use of readily-available mango adds an exotic touch to meals and the selection of American lamb imparts a sweetly rich flavor that awakens the senses.

Discover why the tropical mango is one of the world's most popular fruits. Its flavor is uniquely refreshing and adds a taste of sunshine to an array of savory foods. Its nutritious profile is a welcome addition as well.

Celebrity chef Allen Susser often reaches for mangos in his "Palm Tree Cuisine." He frequently whips up tropical mango chutney. "The natural sweet and sour flavor of the mango is enhanced by the heat and spice of the chutney. The vivid mango flavor emphasizes a variety of dishes, including roasted lamb, grilled shrimp or even chicken curry."

Lamb's rich flavor and buttery tenderness make it a star choice for everything from grilling to braising. American lamb is an excellent source of high quality protein and an average three-ounce serving of lamb has only 175 calories.

Susser believes American lamb, in its own right, adds a full-flavor component to the plate. "It can be combined with any number of forward aromatic seasonings such as garlic, fennel or rosemary. The unique flavor is so delicious and lamb is versatile enough to be presented casually or elegantly," he says.

Try these recipes from Chef Allen and bring extraordinary flavors to the table.

Lamb, Lime and Mango Salad

Exchange an ordinary green salad for something extraordinary by combining American lamb and mango. Your family and friends will surely ask for more.

Makes 4 servings

Lamb

- 3 cloves garlic, minced
- 10 sprigs cilantro, stems and leaves separated
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 3 tablespoons peanut oil, divided
- 12 ounces lamb steak, trimmed of fat

Salad

- 1 head frisée lettuce, inner leaves washed and dried
- 1 firm, ripe mango, peeled, pitted and diced
- 1 small avocado, peeled, pitted and diced
- 4 large green onions, including light green parts, diced

Dressing

- 2 tablespoons Thai fish sauce
- 3 tablespoons freshly squeezed lime juice
- 1 tablespoon soy sauce
- 2 teaspoons minced, fresh red Thai or jalapeño pepper
- 2 teaspoons packed brown sugar

In food processor, combine garlic, cilantro stems, salt, pepper and 2 tablespoons oil. Spread paste on both sides of lamb and marinate 30 minutes. Warm remaining oil in large, heavy skillet, cooking lamb on each side 3 to 4 minutes (medium rare). Remove from pan and cool; cut lamb into small strips.

To serve, divide lettuce leaves among 4 plates and arrange mango, avocado, green onions and small strips of lamb on top.

In small bowl, combine all dressing ingredients and stir until sugar is dissolved. Drizzle salad with dressing and scatter with cilantro leaves.

Tropical Mango Chutney

Spicy flavor is what this condiment is all about. Mangos are available year-round, so you can add the taste of the tropics to your dishes any time.

Makes 8 servings

- 2 large, ripe mangos, peeled, pitted and diced
- 1 medium pineapple, peeled, cored and diced
- 1/2 cup golden raisins
- 1/2 cup water
- 3 tablespoons sugar
- 1/2 teaspoon ground cumin
- 1 cinnamon stick
- 1 cup flaked coconut
- 1/2 cup roasted peanuts, coarsely chopped
- 1 tablespoon minced red or green jalapeño pepper
- 1 teaspoon salt

In medium saucepan, combine mango, pineapple, raisins, water, sugar, cumin and cinnamon stick. Bring to boil; reduce heat and simmer 15 minutes. Stir in remaining ingredients and simmer over low heat 30 minutes more until thickened, adding a little water if necessary. Remove cinnamon stick before serving. Serve on a variety of dishes, including roasted lamb, grilled chicken or fish.

Mango Tips

- Mangos come in a variety of colors — green, yellow and red — and color isn't the best indicator of ripeness.
- Squeeze the mango gently to determine ripeness. It should give slightly, but not be too soft.
- To ripen, store mangos at room temperature. They will continue to ripen and become sweeter and softer.
- Once ripe, store mangos in the refrigerator to slow down ripening.
- Ripe mangos will keep for up to five days in the refrigerator.
- Learn more at www.MangoInfo.org.



Lamb Guidelines

- American Lamb is versatile, easy to prepare and adds delicious flavor to your meals.
- Refrigerate or freeze lamb immediately after purchase.
- Refrigerate lamb for up to two days or freeze for up to three to four months.
- Set your refrigerator between 32°F and 39°F to maintain safe food.
- Cook ground lamb to 160°F as measured on a meat thermometer.
- Cook lamb steaks and roasts to 145°F (medium rare); 160°F (medium); or 170°F (well done).
- Learn more at www.americanlambboard.org.

Adobo Crusted Lamb Loin Chops

Complement the rich, sweet flavor of American lamb with a savory spice rub. It creates a full flavor without adding calories.

Makes 4 servings

- 1 tablespoon fennel seed
- 1 tablespoon cumin seed
- 1 kosher salt
- 2 teaspoons each: coriander seed, cracked pepper, minced garlic, oregano and lime zest
- 1/2 teaspoon each: thyme and rosemary
- 8 lamb loin chops, 1 inch thick
- 4 tablespoons olive oil

In dry skillet, toast fennel, cumin, coriander and pepper a few minutes until aromatic; let cool and grind coarsely in spice grinder or blender. Stir in salt, garlic, oregano and lime zest. Rub both sides of each lamb chop with about 1 tablespoon of spice mixture; cover and let stand at least 1 hour. Preheat oven to 400°F. Heat 2 oven-proof large skillets over medium-high heat; add 2 tablespoons of oil to each pan and bring just to smoking point. Place four lamb chops in each hot pan and sear 5 minutes; turn lamb to sear second side an additional 2 minutes. Place pans into oven and continue to cook chops 5 to 10 minutes or until lamb is cooked to your liking.



FAMILY FEATURES®
Making Connections...Building Brands

1-800-800-5579

07511: Extraordinary Flavors

All materials courtesy of: American Lamb Board / National Mango Board