



MANGO CULINARY DEMONSTRATION GUIDE

Get ready to mango!

This Culinary Demonstration Guide includes everything you need to conduct five flavor-forward culinary demonstrations featuring mangos—from grocery lists and step-by-step instructions to talking points and presentation recommendations. We've done all the prep work so you can share your mango love with ease!



HOW TO CHOOSE A MANGO

Learn How to Judge Perfect Mango Ripeness

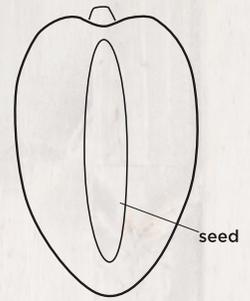
- * **DON'T** focus on color, it is not an indicator of ripeness.
- * **DO** focus on feel. Squeeze the mango gently. A ripe mango will give slightly. Use your experience with produce such as peaches or avocados, which also become softer as they ripen.
- * Ripe mangos will sometimes have a fruity aroma at their stem ends.
- * To speed up ripening of a mango, place it in a paper bag at room temperature.
- * Keep unripe mangos at room temperature. Never refrigerate mangos before they are ripe. Once ripe, mangos can be moved to the refrigerator to slow down ripening for several days.

HOW TO CUT A MANGO

A mango has one long, flat seed in the center of the fruit. Once you learn how to work around the seed, the rest is easy.

Always use a clean knife and cutting board to cut a mango. Sanitize your hands, work area, utensils and cutting board before handling or cutting any fruits or vegetables, especially if you've handled any type of meat or seafood.

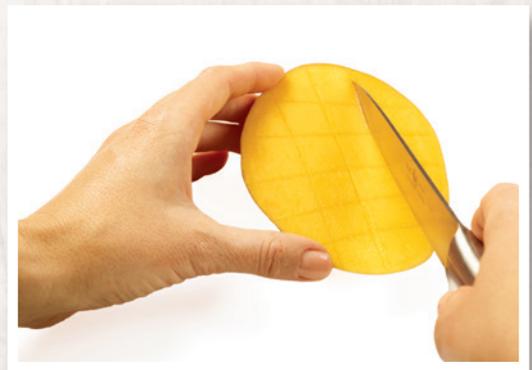
Always wash the mango before cutting.



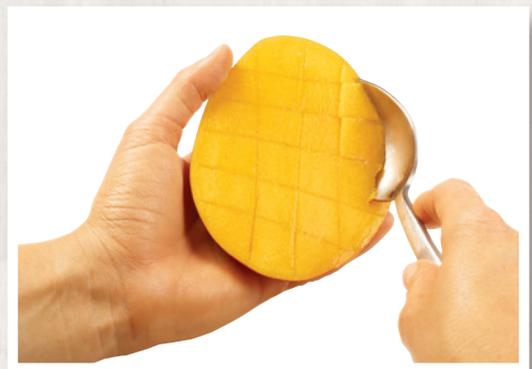
- 1.** Steady the mango, stem end down. Position knife about $\frac{1}{4}$ -inch away from the center to cut both cheeks away from the seed. What's left in the middle is mostly the mango seed.



- 2.** Cut parallel slices into the mango flesh, being careful not to cut through the skin. If the recipe calls for diced mango, cut additional slices in the other direction to make a checkerboard pattern.



- 3.** Here's where you can choose your favorite method. Either "Slice and Scoop"—scoop the mango slices out of the mango skin using a large spoon—or "Inside Out"—turn the scored mango cheek inside out by pushing the skin up from underneath, and scrape the mango chunks off of the skin with a knife or spoon.



CULINARY DEMONSTRATION RECOMMENDATIONS



- * We recommend purchasing enough groceries to prepare two (2) batches of the recipe: one batch will be prepared before your demo to show a finished, plated product, and the second batch will be used for the culinary demonstration.

NOTE: If you prepare two (2) batches of the recipe, you may not be required to double all ingredients on your grocery list, but you will have to double the measured ingredients.

- * Use ripe mangos in your recipes.
- * For all recipes, we recommend purchasing several extra mangos to use as props for your demo table. These mangos can be used to demonstrate how to select a ripe mango and to show your audience that mangos come in different shapes, sizes, colors, and varieties.
- * Be sure to watch our mango cutting video at mango.org/howtocut before your demo.

- * Remember: when demonstrating how to cut a mango, use proper knife skills for safety—always cut the mango on a cutting board, never while holding the mango in your hand!
- * Incorporate talking points that cover culinary tips, nutrition information, and fun mango facts to keep your demonstration dynamic and engaging (in the following pages, you'll see that we've included these talking points for each recipe!).
- * Be sure to tell your audience that they can learn everything they possibly want to know about mangos at mango.org!

CULINARY DEMONSTRATION RECIPES

APPETIZER: MANGO AND AVOCADO SALSA

Grocery Lists

- 2 ripe mangos (*optional: pick up additional mangos for display or to show different varieties*)
- 2 ripe avocados
- 1-2 serrano chiles
- 1 small red onion
- 1 small red pepper
- 1 bunch cilantro
- 1 lime
- 1 container chile powder
- 1 bottle of extra virgin olive oil
- 1 bag of tortilla chips

To make two batches (*one prior to the culinary demo to show the finished, plated version, and one for the actual culinary demo*), double your mangos, avocados, Serrano chiles and limes!



Demo Station Equipment

- Dry measuring cups
- Measuring spoons
- Gloves
- Cutting board
- Chef knife
- Paring knife
- Spoon for scooping mango and avocado, and mixing salsa
- 6-7 small clear containers/bowls for measured ingredients
- Handheld citrus juicer
- Medium bowl for combining ingredients
- Platter for displaying finished product alongside chips
- Serving spoon
- Small paper plates and napkins for samples

Mise En Place

This is what you'll want to show on your table during the demo. Have your mise en place clearly displayed so your audience can see the ingredients you're using and to provide you with visual "props" while conducting the demo. The amounts listed below are for one (1) batch only.

MANGO AND AVOCADO SALSA: yields ~16 samples per recipe

AMOUNT	INGREDIENT	INGREDIENT TRAY
2	Mangos	Demonstrate how to dice a mango
2	Avocado, peeled, pitted and diced	Pre-portioned in a small, clear dish
2 tablespoons	Serrano chile, seeded and minced	Pre-portioned in a small, clear dish
¼ cup	Red onion, diced	Pre-portioned in a small, clear dish
¼ cup	Red pepper, diced	Pre-portioned in a small, clear dish
2 tablespoons	Cilantro, chopped	Pre-portioned in a small, clear dish
1	Lime	Demo juicing and zesting lime
1 teaspoon	Chile powder	Pre-portioned in a small, clear dish
1 tablespoon	Extra-virgin olive oil	Olive oil bottle <i>or</i> pre-portioned in a small, clear dish

Mango and Avocado Salsa Recipe

INGREDIENTS

- 2 firm but ripe mangos, peeled, pitted and diced
- 2 firm but ripe avocados, peeled, pitted and diced
- 2 tablespoons serrano chile, seeded and minced
- ¼ cup red onion, diced
- ¼ cup red pepper, diced
- 2 tablespoons chopped fresh cilantro leaves
- 1 lime, zested and juiced
- 1 teaspoon chile powder
- 1 tablespoon extra-virgin olive oil

INSTRUCTIONS

1. Combine all ingredients. Allow to sit at room temperature for 10 minutes before serving to allow flavors to blend.

SERVING SUGGESTION

With a serving spoon, scoop out a dollop of the salsa on plates and serve with a few tortilla chips.



Talking Points

CULINARY

- * Mango's sweetness balances the richness of creamy avocado.
- * As an appetizer, this salsa pairs just as well with sliced veggies, such as jicama chips or sticks, as it does with tortilla chips!
- * For entrées, this salsa pairs well with grilled chicken and grilled fish such as tuna or mahi mahi.
- * Be aware that serrano chiles offer a lot of kick – they can be up to five times hotter than jalapeños; to control the amount of heat you want in this salsa, add only a small amount at first.

NUTRITION

- * Mangos are a super-fruit – bursting with antioxidants and over 20 different vitamins and minerals, such as vitamin A, vitamin C, folate, fiber, vitamin B6, and copper.
 - These vitamins and minerals have been linked to a bounty of health benefits including immune health, and cardiovascular, cognitive, and neurologic function.
- * Emerging research studies on mango consumption on humans show potential health benefits associated with improved blood pressure, blood sugar control, and gut health.
- * Eating meals centered on plant-based foods is making waves in terms of its health benefits; the newly released Dietary Guidelines for Americans has reserved special recognition for the benefits of plant-based diets. This Mango Avocado Salsa is a nutrient-rich vegan accompaniment to burrito bowls, tacos, or enchiladas.

MANGO FUN FACTS

- * Mangos are the most popular fruit in the world.
- * Mangos are grown in tropical regions and most of the mangos we get in the U.S. come from Mexico, Peru, Ecuador, Brazil, Guatemala and Haiti.
- * In the continental U.S., small mango crops are grown in California and Florida.

CULINARY DEMONSTRATION RECIPES

ENTRÉE: MANGO PICO DE GALLO

(with an option to serve with grouper fillet)

Recipe developed by Ricardo Muñoz-Zurita, Azul Restaurantes, Mexico City



Grocery Lists

- 1 medium tomato
- 1 small white onion
- 1 bunch cilantro
- 1 serrano chile
- 2 mangos (*optional*: pick up additional mangos for display or to show different varieties)
- 1 jar fish sauce
- *Optional*: 1 bag of tortilla chips (*if not serving with fish*)

Demo Station Equipment

- Dry measuring cups
- Measuring spoons
- Gloves
- Cutting board
- Chef knife
- Paring knife
- 5-8 small clear containers/bowls for measured ingredients (*depending if you plan on preparing the rice, fish, and serving with cilantro*)
- Medium bowl for combining ingredients
- Spoon for mixing
- Oval or round platter for displaying finished product
- Serving spoon
- Small paper plates and napkins

If serving with fish, also get:

- 2 grouper fillets (6 ounces each)
- 1 container of salt
- 1 container of avocado oil

To make two batches (*one prior to the culinary demo to show the finished, plated version, and one for the actual culinary demo*), double your tomatoes and mangos! If serving with the fish, double the grouper fillets, too.

- *Optional*: plastic forks for samples, if serving with fish

If serving the fish, also use:

- Portable stove-top
- Sauté pan



Mise En Place

This is what you'll want to show on your table during the demo. Have your mise en place clearly displayed so your audience can see the ingredients you're using and to provide you with visual "props" while conducting the demo. The amounts listed below are for one (1) batch only.

MANGO PICO DE GALLO: yields ~12 samples per recipe

AMOUNT	INGREDIENT	INGREDIENT TRAY
1	Tomato, cut into ¼ cubes	Pre-portioned in a small, clear dish
2 tablespoons	White onion, finely diced	Pre-portioned in a small, clear dish
¼ cup	Cilantro, finely chopped	Pre-portioned in a small, clear dish
1	Serrano chile, without stem and seeds, finely chopped	Pre-portioned in a small, clear dish
2	Mangos	Demonstrate how to dice a mango into ½ cubes
2 tablespoons	Fish sauce	Pre-portioned in a small, clear dish
<i>If serving with fish also prepare:</i>		
2 (6 ounces each)	Grouper fillets	Fillets on plate
½ teaspoon	Salt	Salt container <i>or</i> pre-portioned in a small, clear dish
2 tablespoons	Avocado oil	Avocado oil bottle <i>or</i> pre-portioned in a small, clear dish
1 tablespoon	Cilantro, chopped	Pre-portioned in a small, clear dish

Mango Pico De Gallo Recipe

INGREDIENTS

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

INSTRUCTIONS

1. Place all ingredients in a medium bowl and mix being careful not to beat or mash the mango.
2. Serve!
If cooking fish...
3. Place the fillets on a clean, flat surface. Sprinkle with salt on both sides and set aside.
4. Heat 1 tablespoon oil in a pan over medium heat. Just before it smokes, add the fillet and pan sauté or pan fry on one side for approximately 3 minutes.
5. Flip fillet and continue frying until flesh is completely white (opaque), about 2-3 minutes. Remove fillet from pan and place on a dish. Repeat with the remaining fillet.

SERVING SUGGESTION

Place the fish in the center of the plate and pile the Mango Pico de Gallo over the fish. Sprinkle with cilantro. Rice is a nice side dish for this recipe. If you like, prepare white or brown rice ahead of time and show this as a side dish. If not serving with fish, scoop out a dollop of the Mango Pico De Gallo on plates and serve with a few tortilla chips.

Talking Points

CULINARY

- * This Mango Pico de Gallo is a great side dish alongside grilled meat, including fish, chicken, or pork, and is equally delicious as a party dip to serve with chips or raw veggies.
- * The sweetness of mango is a great balance to the heat of the chile.
- * This complete meal with the grouper is a light, elevated dinner anyone would love – and it's incredibly quick to prepare!
- * For something else to keep in mind during grilling season, mangos have natural tenderizing properties, making them a perfect ingredient for marinades.

NUTRITION

- * Since the beginning of time, people have cherished herbs and spices – they punch up food's appeal and offer health benefits. These potent taste enhancers contain no sodium, sugar, cholesterol, and fat, and give recipes some serious flavor. Chiles and cilantro in this recipe pair perfectly with mango!
- * One serving of mango delivers 100% of daily vitamin C, 35% of daily vitamin A, and 12% of daily fiber – all for only 100 calories.
- * Vitamin C promotes healthy immune function and collagen formation. Vitamin A is important for vision and bone growth. Fiber helps to keep you feeling full and satisfied in-between meals.

MANGO FUN FACTS

- * Revered by many cultures, Buddhist monks considered mangos to be sacred. Legend says that Buddha meditated under the cool shade of a mango tree.
- * Created in India, the paisley pattern was inspired by the shape of mangos.
- * The mango is a symbol of love in India, and a basket of mangos is considered a gesture of friendship.

CULINARY DEMONSTRATION RECIPES

SNACK: MANGO YOGURT PARFAIT

Grocery Lists

Note: For this recipe in particular, we recommend preparing at least one batch of this recipe prior to your demo and pre-portioning 1-ounce samples. Be sure to keep samples in the refrigerator prior to serving.

- 2 mangos (*optional: pick up additional mangos for display or to show different varieties*)
- 2 large-16 ounce containers of low-fat yogurt
- 1 bag of granola

To make two batches (*one prior to the culinary demo to pre-portion 1-ounce samples and one for the actual culinary demo*), double the amount of mangos and yogurt!

Demo Station Equipment

- Measuring cups
- Measuring spoons
- Gloves
- Cutting board
- Chef knife
- Paring knife
- 3 spoons (*one for scooping mango, one for scooping yogurt, one for scooping granola*)
- Food processor
- 1 medium clear container/bowl for measured yogurt
- 1 small clear container/bowl for measured granola
- Oval or round platter for displaying finished product
- Clear plastic cups
- Plastic spoons and napkins for serving



Mise En Place

This is what you'll want to show on your table during the demo. Have your mise en place clearly displayed so your audience can see the ingredients you're using and to provide you with visual "props" while conducting the demo. The amounts listed below are for one (1) batch only.

MANGO YOGURT PARFAIT: yields ~12 samples per recipe

AMOUNT	INGREDIENT	INGREDIENT TRAY
2	Mangos	Demonstrate how to dice a mango
3 cups	Low-fat vanilla yogurt	Pre-portioned in a small, clear dish
6 tablespoons	Low-fat granola	Pre-portioned in a small, clear dish

Mango Yogurt Parfait Recipe

INGREDIENTS

2 ripe mangos, peeled, pitted and cubed
3 cups low fat vanilla yogurt
6 tablespoons low fat granola

SERVING SUGGESTION

Make small samples ahead of time and keep refrigerated. Serve additional samples in small, plastic cups.

INSTRUCTIONS

1. With a food processor, puree 1 mango; spoon equal amounts into clear plastic cups.
2. Top each plastic cup with a spoonful of yogurt.
3. Spoon cubed mango over the top, saving a few pieces for garnish.
4. Top with remaining yogurt and reserved mango.
5. Just before serving, sprinkle each serving with a tablespoon of granola.



Talking Points

CULINARY

- * If you have extra mangos and space to spare in your freezer, you can easily freeze your fresh, ripe mangos for later use! Ripe mangos can be frozen up to 6 months cut or pureed. Simply wash, slice, and dice your ripe mangos, and arrange the slices on a flat baking sheet, cover with plastic wrap, and place in the freezer. Once the mango slices are frozen, store them in an airtight, sealed container or freezer bag. You can also puree mango in a food processor or blender, pour into an airtight, sealed container, and place in the freezer.
- * For a more decadent treat, opt for full-fat Greek yogurt in this recipe.
- * While this makes a great snack or breakfast item, it would be equally appropriate served as a light and flavorful dessert.
- * While making your own granola may sound intimidating, it's incredibly easy to make at home and gives you the opportunity to experiment with a variety of ingredients, such as different nuts, seeds, dried fruit, chocolate, or flaked coconut (which goes great with mango!).

NUTRITION

- * In addition to delicious tropical flavor, mangos deliver a host of nutrients and make healthy eating a delightful sensory experience.
- * The versatile mango is available year-round and adds luscious flavor to a balanced diet.
- * Preliminary studies have found mango consumption linked to blood glucose control, cancer protection, and digestive health.

MANGO FUN FACTS

- * Mangos are available all year long.
- * Most of the mangos sold in the U.S. are one of six varieties: Tommy Atkins, Haden, Kent, Keitt, Honey, and Francis.
- * Native to southern Asia, mango trees proliferate in tropical climates around the globe— Central and South America, Asia, Africa, the Caribbean, Hawaii, California, and Florida.

CULINARY DEMONSTRATION RECIPES

DESSERT: MANGO PEANUT CRISP

Grocery Lists

Note: For this recipe in particular, we recommend preparing one batch of the recipe before your demo to show a finished product, as there is a 20-minute cook time.

- Non-stick spray
- Small bag of rolled oats
- Small bag of brown sugar
- Small bag of all-purpose flour
- 1 stick of unsalted butter
- 1 container of ground cinnamon
- Bottle of honey
- 3 large ripe mangos (*optional: pick up additional mangos for display or to show different varieties*)
- *Optional: 1 container of whipped cream*

To make two batches (*one prior to the culinary demo to show a finished product and one for the actual culinary demo*), double the amount of mangos!

Demo Station Equipment

- Dry measuring cups
- Measuring spoons
- Gloves
- Cutting board
- Chef knife
- Paring knife
- 7-8 small clear containers/bowls for measured ingredients
- Small bowl for mixing crisp topping
- Fork for mixing crisp topping
- Medium bowl for combining mango filling
- Spoon for mixing mango filling
- Four 2-cup baking dishes or one large baking dish (**Note, if making a batch before the demo, you'll need additional baking dish(es)*)
- Serving spoon
- Small paper plates and napkins, and plastic forks or spoons for samples



Mise En Place

This is what you'll want to show on your table during the demo. Have your mise en place clearly displayed so your audience can see the ingredients you're using and to provide you with visual "props" while conducting the demo. The amounts listed below are for one (1) batch only.

MANGO PEANUT CRISP: yields ~10 samples

AMOUNT	INGREDIENT	INGREDIENT TRAY
6 tablespoons	Rolled oats	Pre-portioned in a small, clear dish
¼ cup	Brown sugar	Pre-portioned in a small, clear dish
½ tablespoon	All-purpose flour	Pre-portioned in a small, clear dish
2 tablespoons	Butter	Pre-portioned in a small, clear dish
1 teaspoon + ½ teaspoon	Cinnamon, ground	Pre-portioned into 2 small, clear dishes
¼ cup	Honey roasted peanuts, chopped	Pre-portioned in a small, clear dish
3	Mangos, peeled, pitted and diced	Demonstrate how to dice a mango
2 tablespoons	Honey	<i>Honey bottle or pre-portioned in a small, clear dish</i>
<i>Optional ingredient:</i>		
One container	Whipped cream	In container or in a clear dish

Mango Peanut Crisp Recipe

INGREDIENTS

Crisp topping:

6 tablespoons rolled oats
¼ cup brown sugar
½ tablespoon flour
2 tablespoons butter
1 teaspoon cinnamon
¼ cup honey roasted peanuts, chopped

Mango filling:

3 ripe mangos, peeled, pitted and diced
2 tablespoons honey
½ teaspoon cinnamon

INSTRUCTIONS

Note: This recipe includes 20 minutes of cook-time, which will not be part of your recipe demonstration. Therefore, we highly recommend preparing and cooking one batch of the recipe in advance to show your audience what the finished product looks like when it is removed from the oven. Your demo will consist of 1) showing the audience how to prepare the ingredients (as below) and 2) what the recipe looks like when the baking dish is removed from the oven and ready to serve.

1. Preheat oven to 350°F and spray four 2-cup baking dishes or one large baking dish with non-stick cooking spray.
2. In a small bowl, stir together all topping ingredients except peanuts with a fork until it resembles coarse crumbs; set aside.
3. In a medium bowl, stir together all filling ingredients in a medium bowl and spoon into prepared dishes.
4. Crumble topping over the mango mixture and sprinkle with peanuts.
5. Bake for 20 minutes or until mango mixture is hot and bubbly and topping is golden brown. Pull out the cooked mango crisp, which you made prior to the demo, as an example for what the cooked crisp will look like.

SERVING SUGGESTION

With a serving spoon, scoop out a dollop of the Mango Peanut Crisp on plates and serve with whipped cream, if desired.

Talking Points

CULINARY

- * Take advantage of all the in-season fresh mango and impress everyone at your next gathering with this mango-inspired dessert.
- * When heated, mangos caramelize creating an intense, sweet flavor.
- * For a simple side dish or snack, put mango “cheeks” flesh side down on the grill for a few minutes, until the cheeks begin to soften and grill marks appear. Then flip the mango over and continue cooking on the other side for an additional 3-5 minutes. Allow the mangos to cool slightly and serve with spoons. Simply scoop out the grilled mango flesh and enjoy—it doesn’t get much easier than that!

NUTRITION

- * A one-cup serving of mango provides 23 grams of naturally-occurring sugar. Naturally occurring sugars are just the way they sound – sugars found naturally in foods, such as fructose (found in fruits) or lactose (found in dairy products). Added sugars are those that are added to food and beverage products during processing. Mangos are naturally free of any added sugar. They’re perfectly sweet just the way they are!
- * Fruit-forward desserts bring us one step closer to our daily fruit goal (1½-2 cups for adults) each day.
- * One cup of mangos is just 100 calories—a sweet treat that won’t weigh you down.

MANGO FUN FACTS

- * Mangos are related to cashews and pistachios.
- * A mango tree can grow as tall as 100 feet.
- * The bark, leaves, skin and pit of the mango have been used in folk remedies for centuries.



CULINARY DEMONSTRATION RECIPES

BEVERAGE: BLENDED MANGO LIMEADE

Recipe courtesy of Lindsay Cotter, Cotter Crunch Blog

Grocery Lists

Note: For this recipe in particular, we recommend preparing at least 1 batch of this recipe prior to your demo and pre-portioning 1-ounce samples. Be sure to keep samples in the refrigerator prior to serving.

- 1 mango
- 2 limes
- 1 container of agave, maple syrup or honey
- bag of ice
- 1 package of mint leaves

To make two batches (*one prior to the culinary demo to pre-portion 1-ounce samples and one for the actual culinary demo*), double the amount of mangos and limes you pick up!

Demo Station Equipment

- Gloves
- Cutting board
- Chef knife
- Paring knife
- Handheld citrus juicer
- 1 spoon for scooping mango
- Dry measuring cups
- Clear liquid measuring cup
- Measuring spoons
- 2-4 small, clear bowls
- 1 spatula
- Small paper or plastic cups for samples



Mise En Place

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BLENDED MANGO LIMEADE: yields ~16 samples

AMOUNT	INGREDIENT	INGREDIENT TRAY
1	Mangos	Demonstrate how to dice a mango
3 tablespoons	Lime juice	Pre-portioned in a small clear dish <i>or</i> demo juicing lime
2 tablespoons	Agave, maple syrup or honey	Agave, maple syrup, or honey bottle <i>or</i> pre-portioned in a small, clear dish
1 cup	Ice	Pre-portioned in a small clear dish <i>*may have to keep in a cooler</i>
½ cup	Water	Pre-portioned in a clear liquid measuring cup
3-4	Mint leaves	Pre-portioned in a small, clear dish

Blended Mango Limeade Recipe

INGREDIENTS

1 cup fresh mango, peeled and cubed
 3 tablespoons lime juice
 1-2 tablespoons agave, maple syrup or honey to sweeten
 1 cup ice
 ½ cup water
 Mint leaves



INSTRUCTIONS

1. Blend all together except mint leaves.
2. Serve with mint leaves and extra ice, if desired.

SERVING SUGGESTION

Pour 1-ounce tasters into paper or plastic cups for sampling.



Talking Points

CULINARY

- * Try freezing this Mango Limeade in popsicle molds or use for a granita!
- * Spoon this mixture atop ice cream or layered in parfaits.
- * Think outside of the box and use this as a dressing on fruit salad or as a base for a refreshing summertime cocktail.

NUTRITION

- * Unlike juices, smoothies use the *whole* fruit so you're getting all of the fiber (3 grams of fiber per 1 cup of mango!), in addition to the vitamins and minerals (mangos are packed with over 20 different vitamins and minerals, such as vitamin A, vitamin C, folate, fiber, vitamin B6, and copper).
- * Mangos are naturally sweet and satisfy our sweet tooth naturally, which means there's no need for a lot of added sugar.
- * What's sweeter? One cup of mangos is just 100 calories— a sweet treat that won't weigh you down.

MANGO FUN FACTS

- * In many Latin American countries, mango on a stick with the skin peeled back is sold by street vendors.
- * Mangos can be enjoyed with salt, lime juice or chile powder for a unique flavor experience.

