



Ripe Mango

	Definitive	Dramatic	Daring
SAVORY	Sesame	Kombu	Pine
SALTY	Furikake	Shrimp Paste	Smoked Salt
SPICED	Allspice	Chai	Fenugreek
SWEET	Coconut Sticky Rice	Goat Milk Caramel	Aromatic Marshmallow
CRUNCHY	Carmel Corn	Cocoa Nibs	Fried Shallot
STARCHY	Quinoa	Forbidden Rice	Farro
HEAT	Serrano Chile	Peri-Peri	Togarashi
CREAMY	Goat Impastata	Burrata	Quark
SAUCY	Tamarind	Charmoula	Kewpie Mayo
OCEANIC	Barramundi	Mackerel	Eel
MEATY	Chorizo	Venison	Pancetta
GREEN	Bronze Fennel	Nasturtium	Sorrel
FRUITY	Green Tomato	Rhubarb	Finger Limes
SPIRITED	Pisco	Dry Oloroso Sherry	Allspice Dram
WET	Ginger Beer	Kombucha	Kefir

Unripe (Green) Mango

	Definitive	Dramatic	Daring
SAVORY	Saffron	Water Chestnuts	Smoked Paprika
SALTY	Gomashio	Shiro	Anchovy
SPICED	Za'atar	Allspice	Ras el Hanout
SWEET	Grade B Maple	Candied Bacon	Date Sugar
CRUNCHY	Peanuts	Pepitas	Wasabi Peas
STARCHY	Black Rice	Buckwheat	Amaranth
HEAT	Marash Pepper	Sambal	Gochujang
CREAMY	Cotija	Paneer	Mascarpone
SAUCY	Shoyu	Aromatic Pepper	White Miso
OCEANIC	Octopus	Dried Shrimp	Sea Urchin (Uni)
MEATY	Serrano Ham	Duck Bacon	Lamb Neck
GREEN	Pea Tendril	Watermelon Radish	Claytonia
FRUITY	Mangosteen	Pomelo	Husk Cherries
SPIRITED	Pisco	Dry Oloroso Sherry	Allspice Dram
WET	Lychee Juice	Cashew Milk	Fermented Coconut Juice

Prepared/Cooked Mango

	Definitive	Dramatic	Daring
SAVORY	Kimchi	Black Garlic	Ghee
SALTY	Bacon Salt	Sea Beans	Preserved Lemon
SPICED	Cardamom	Chinese 5-Spice	Mace
SWEET	Mochi	Cane Syrup	Gianduja
CRUNCHY	Chicharrón	Brazil Nut	Black Sesame
STARCHY	Koshihikari Rice	Purple Yam	Teff
HEAT	Harissa	Aleppo Pepper	Malagueta Chili
CREAMY	Manchego	American Brie	Halloumi
SAUCY	Agri-Dolce	Yuzu Kosho	Sofrito
OCEANIC	Amberjack	Sablefish	Sturgeon
MEATY	Guanciale	Foie Gras	Country Ham
GREEN	Lemon grass	Endive	Pineapple Mint
FRUITY	Yuzu	Limequat	Umbashi
SPIRITED	Mezcal	Ginger Liqueur	Smoked Rum
WET	Green Tea	Buttermilk	Horchata

TOP TECHNIQUES FOR MANGO PREPARATION/COOKING
 Caramelize, Roast, Braise, Brûlée, Whip, Spherification, Kulfi, Pickle, Ferment, Nitro Freeze, Aam Panna



When it comes to refreshing a menu,
anything goes with mango

Use this handy guide to create distinctive dishes,
memorable menus and a world of variety with
fresh mango.

As today's culinary teams explore exciting flavor combinations and innovative menu opportunities, they're finding more and better places for fresh mango. From the sweet and familiar to the surprisingly savory. As a complement or refreshing contrast. Spanning global cuisines and spices, appropriate any time of day, fresh mango provides inspiration.

The versatility of fresh mango begins with ripeness, from sweet-tart and crisp to sweet and ultra juicy. From there you can go almost anywhere in cold and hot preparations. Use this pairing guide as a starting point. Then try something definitive, dramatic and daring of your own.



RECIPE CREDITS

Apricot Chili Marinated American Lamb Tacos with Fresh Mango Jicama Salsa
Chef Brian Corcoran, Harvard University, Cambridge, MA

Pulled Pork and Mango Summer Rolls with Carolina Mustard Sauce
Chef Allison Leono, Private Chef, Goodyear, AZ

Mango Panna
Chef Chhimi Dorje, Tha MasalaWala, New York, NY

Green Mango and Grilled Steak Salad
Chef Ben Randolph, The Broadway Hotel, Columbia, MO

Mango Manchego Stuffed Jalapenos with Curry Cornmeal Crunch
Chef Meryl Connell, Southwest Soul Catering, Essex Fells, NJ

Jumbo Shrimp with Caramelized Mango, Crispy Serrano Ham and Pickled Red Onion
Chef Adolfo Garcia, Rio Mar, New Orleans, LA

Green Mango and Cashew Salad
Chef Robert Danhi, "Easy Thai Cooking"
Photo credit: Christian Clements and Susie Donald

Mango Coconut Dessert Risotto with Cookie Crumble, Mango Chili Jam and Tamarind Glass
Chef Francis Ang, Fifth Floor, San Francisco, CA

Grilled Mango and Goat Cheese Salad
Chef Hector Morales, 21 Degrees North, Turtle Bay Resort, Honolulu HI



MANGO FLAVOR PAIRING GUIDE

