

National Mango Board's *Spices & Ripeness Experience*

Mangos can be enjoyed at all ripeness levels in a variety of dishes. Ripeness level will affect the flavor and texture of the mango and will change how it interacts with the spices and other ingredients in your recipe. Chef Allen “The Mango Man” Susser has developed this *Spices & Ripeness Experience*, which combines mango at different ripeness levels with a variety of spice combinations to bring out the subtle nuances of each pairing.

To start you will need:

- Chef Allen Susser’s *Spices & Ripeness Experience* video demonstration
- Two unripe, firm mangos peeled, pitted and cubed, then divided into three small bowls
- Two ripe, slightly soft mangos peeled, pitted and cubed, then divided into three small bowls
- Two very ripe, very soft mango peeled, pitted and cubed, then divided into three small bowls
- Tasting spoons
- Container of Garam Masala, * salt, chili powder, two limes cut into four wedges, one lemon cut into four wedges, toasted or untoasted macadamia nuts, shredded sweetened coconut and golden raisins

Your set-up should look something like this:



Mango Ripeness

- An unripe mango will be firm to the touch
- A ripe mango will give slightly but not be too soft
- A very ripe mango will be very soft and will also have a tropical scent near the stem

* *Garam Masala* is a spice combination of fennel seeds, cardamom, cinnamon and black peppercorn, and can be found in the spice aisle of your local grocery store.

Unripe Mango

Squeeze of one wedge of lemon and pinch of kosher salt, stir to combine and taste

Tasting Notes:

Squeeze of one wedge of lime and pinch of chili powder, stir to combine and taste

Tasting Notes:

Pinch of Garam Masala, stir to combine and taste

Tasting Notes:

Ripe Mango

Squeeze of one wedge of lime and pinch of chili powder, stir to combine and taste

Tasting Notes:

Pinch of Garam Masala, stir to combine and taste

Tasting Notes:

Teaspoon each macadamia nuts, raisins and coconut, stir to combine and taste

Tasting Notes:

Very Ripe Mango

Squeeze of one wedge of lime and pinch of chili powder, stir to combine and taste

Tasting Notes:

Pinch of Garam Masala, stir to combine and taste

Tasting Notes:

Teaspoon each macadamia nuts, raisins and coconut, stir to combine and taste

Tasting Notes: