**Appendix**

- Suggested Spices for Global Cuisines
- Mango Recipes, by Menu Part
- Alternate Mango Cutting Technique
- References
- Introduction to the National Mango Board

**SUGGESTED SPICES, SEASONINGS AND INGREDIENTS FOR INTERNATIONAL CUISINES**

### Caribbean

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### South American (Argentina, Brazil, and Chile)

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**Indonesian**
- Ginger
- Coriander
- Cinnamon
- Sugar
- Nutmeg
- Turmeric
- Mangos
- Cloves
- Tamarind
- Cilantro
- Cumin
- Garlic
- Peanut oil

**Chinese**
- Pork
- Onions
- Vinegar
- Chili paste
- Sesame seeds
- Cilantro
- Bok Choy
- Sesame oil
- Plum sauce
- Red chilies
- Shallots
- Cabbages
- Peanut oil
- Hoisin sauce
- Wonton or spring roll wrappers
- Bean sprouts
- Rice noodles
- Chili oil
- Rice wine

**India**
- Cinnamon
- Cardamom
- Carrots
- Eggplant
- Chick peas
- Tamarind pulp
- Black mustard seeds
- Coriander
- Cloves
- Potatoes
- Ginger
- Green peas
- Cayenne
- Cumin
- Chiles
- Cauliflower
- Spinach
- Basmati rice
- Curry powder
- Fennel
- Turmeric
- Cilantro
- Lentils
- Grated coconut
- Mangos

MANGO RECIPES, BY MENU PART
(These recipes and more are available at www.mango.org/foodservice/find/recipes)

Breakfast
• Mango Bliss Cakes
• Mango Coconut Waffles
• Mango Bread
• Mango Macadamia Caramel Rolls
• Mango Lassi Yogurt Cup
• Mango Yogurt Parfait
• Mango Sausage Breakfast Burrito
• Mango Almond Butter Toast
• Oatmeal with Mango, Maple and Walnuts

Condiments
• Green Mango Chutney
• Tropical Mango Chutney
• Green Mango Pickle (Achaar)
• Mango Chow
• Sweet Mango Salsa (Baja Fish Tacos recipe)

Appetizers
• Mango and Jicama Enchiladas
• Mango Beef Empanadas
• Tilapia Ceviche with Mango
• Crispy Fried Oyster
• Crispy Mango Fish Rolls
• Sweet and Savory Roll Ups
• Mango Souscaillé
• Cinco de Mango Quesadilla
• Cinco de Mango Salsa
• Mango Black Bean Salsa
• Goat Cheese, Bacon and Mango Crostini

Salads and Sides
• Thai Steak and Mango Salad
• Grilled Mango and Goat Cheese Salad
• Mango and Green Papaya Salad with Yunnan Tomato Salsa
• Mango Quinoa Salad with Mango Citrus Dressing
• Green Mango Slaw
• Green Mango Cashew Salad
• Mango Watermelon Salad
• Mango Macadamia Nut Rice
Sandwiches and Pizza
- Caribbean Mango Chicken Wrap
- Tropical Chicken Wrap
- Chicken Mango Panini
- Grilled Ham and Cheese with Mango
- Mango Pulled Pork Sandwich
- Bratwurst with Mango Relish
- Deli Mango Shrimp Salad Croissant
- Mahi Sandwich with Mango Slaw
- Mango Bacon BBQ Pizza

Entrees
- Jerk Chicken with Spicy Mango Topper
- Mango Coconut Chicken with Mango Sauce and Rice
- Island Style Skewers with Mango Ginger Sauce
- Bacon Wrapped Pork with Mango-Basil Relish
- Apricot Chili Marinated Lamb Tacos with Fresh Mango Jicama Slaw
- Baja Fish Tacos
- Mahi Mango Tostadas
- Shrimp Mango Curry
- Mango Mojo Shrimp
- Caramelized Mango with Jumbo Shrimp and Crispy Serrano Ham

Desserts
- Mango Brownies
- Mango Coconut Risotto with Tamarind Glass, Mango Chili Jam and Cookie Crumble
- Mango Upside Down Cake
- Bruleed Mango
- Grilled Mango Fruit Salad with Lime-Mint Vinaigrette
- Tropical Mango S’mores
- Mango Malted Milk Shake with Toasted Cumin
- Sugar and Spice Mango Cake
- Mango Fire & Ice Lime Sorbet Sundae

Beverages
- Sparkling Mango Ginger Green Tea
- Mango Panna
- Mango Michelada
- Mango Strawberry Sangria
- Mango Spice & Ice (Mango-Ginger-Habanero Daiquiri)
- Mango Bellini
- Mango-rita
ALTERNATE MANGO CUTTING TECHNIQUE

For diced mango:

1. Stand the mango on a cutting board stem end down and hold to steady. Place your knife about ¼ inch from the center and cut down through the mango. Repeat this cut on the other side. The resulting ovals are known as “cheeks.” What’s left is mostly the mango seed.

2. Cut parallel slices lengthwise in the mango cheek, being careful not to cut through the skin. Turn the mango cheek ¼ rotation and cut another set of parallel slices to make diced mango. Vary the spacing to create larger or smaller pieces.

3. To remove the flesh you can either scoop the mango pieces out of the mango skin using a large spoon, or turn the scored mango cheek inside out by pushing up from the skin side, and scrape the mango chunks off the skin with a knife or spoon.

For sliced mango:

1. Cut the mango cheeks away from the seed as above.

2. Cut parallel slices to the desired thickness.

3. Scoop out the slices.
REFERENCES

• www.mango.org/foodservice

