

Fresh Mango in Global Cuisines



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- Mangos are popular in street food and on restaurant menus throughout Thailand, Philippines, Vietnam, Mexico, Brazil, India, Caribbean Islands – everywhere mango trees thrive.



“I’ve never seen so many cultures so passionate about a fruit. For millions of people throughout the world, the mango is a comfort food, one of those comestibles that nourish both body and soul.” Chef Allen Susser, *The Great Mango Book*

Mango Ripeness Spectrum

- The unique sensory characteristics of mango work well with global spice blends and cooking techniques.

RIPENESS	FIRMNESS	TEXTURE	COLOR	TASTE/AROMA
Green	Firm	Crisp	Pale green to yellow	Tart/faint scent
Ripe	Slight give to light	Slightly soft, juicy	Yellow to orange	Sweet, slightly sour/delicate floral scent
Very Ripe	Soft	Soft, very juicy	Deep yellow to orange	Very sweet/ very aromatic

NOTE: Mangos harvested when mature are “green” and will continue to ripen off the tree.

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Indian

- Mango Lassi Yogurt Cup
- Shrimp & Mango Curry
- Green Mango Pickle (Achaar)



Latin

- Mango Jicama Enchiladas with Pastor Sauce
- Mahi Mango Tostadas



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Asian

- Mango & Green Papaya Salad with Yunnan Tomato Sauce
- Thai Steak & Mango Salad
- Green Mango Slaw



Caribbean

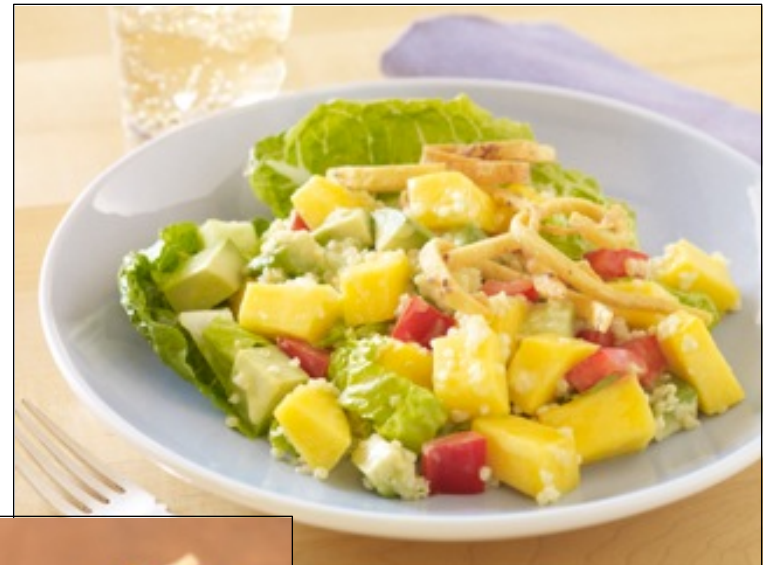
- Jerk Chicken with Spicy Mango Salsa
- Mango Souscaille
- Mango Macadamia Nut Rice



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Regional American

- Mango Quinoa Salad with Mango Citrus Dressing
- Pulled Pork Sandwich with Mango Barbecue Sauce



For More Information

www.mango.org/foodservice

