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.

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

NOTE: Mangos harvested when mature are “green” and will continue to ripen off the tree.
Fresh Mango in Global Cuisine

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