

Lesson 6 - Cooking with Fresh Mango in Hot Applications

Objectives: After completing this lesson students will be able to:

- Use fresh mango as a versatile recipe ingredient
- Understand how mangos (at all stages of ripeness) perform using different cooking methods
- Imagine mango flavor combinations in hot applications

Lesson Plan

Topic	Suggested Activity	Suggested Time
The Versatile Mango	Intro Lecture – Sensory Characteristics of Mango (refer to Lesson 3)	10 minutes
Hot vs. Cold Mango Tasting	Demo/Tasting/ Discussion	20 minutes
Mango in Hot Applications	Intro Cooking Lab Tasting/Discussion/ Evaluation Clean up	10 minutes 90 minutes 30 minutes 30 minutes





The Versatile Mango

The use of fresh mango in hot applications showcases the fruit's versatility across the menu. According to mango expert Chef Allen Susser, "Fresh mango's unique sensory characteristics contribute to its versatility. The fruit absorbs spice, heat and fire with no loss of character; yet can be icy and refreshing. Mango's sensory characteristics can be used to enhance dishes and balance contrasting flavors."

Hot vs. Cold Mango - Demo and Tasting Exercise

- Mangos at all ripeness levels can be used in hot applications.
- When heat is applied to a mango, the texture softens, the fibers break down and the flavor intensifies.
- Hot cooking techniques and applications for fresh mango:
 - Indirect heat – Fresh ripe mango flavor is infused into a filling and holds its shape as a topping e.g. empanadas, grilled/baked sandwiches, pizza, flat bread, baked goods.
 - Direct heat – The sugars in the mango caramelize, which brings out its inherent sweetness, when simmered, broiled, sautéed, grilled, roasted in savory and sweet applications, e.g. chutney, salad, dessert.
 - Sauces – Diced or pureed mango add body and flavor dimension to dessert and finishing sauces.
 - Whole firm-ripe mangos cooked in a tandoor oven or over direct flame transform the fruit flesh into a puree for drinks and sauces.

INSTRUCTOR NOTES

- Saute ripe mango cheeks or sliced mango to caramelize.
- Taste to compare the texture and flavor with uncooked mango of the same ripeness level.
 - Discuss menu applications and how the cooked mango can add flavor dimension to a dish. Reference the recipe that follows: Caramelized Mango with Crispy Serrano Ham, Pickled Onion & Jumbo Shrimp
- If time allows, demo and taste using another cooking technique and recipe, e.g. mango in a finishing/pan sauce in Mango Coconut Chicken
 - Recipes are included to illustrate each of the cooking techniques.

Mango in Hot Applications - Cooking Lab Exercise

INSTRUCTOR NOTES

- Assign each team one or two recipes.
- Based on time and skill level, ask teams to develop their own recipe.
- Teams will present prepared recipes platter-style, reserving one portion to be presented on a single-serve plate.
- Teams will give a brief oral presentation about their recipe(s) and how the mango contributes to the visual appeal, taste and texture of the dish.
- Ask teams to consider how their dish would taste without the mango.
- Ask students to compare chutney recipes and discuss what they would serve them with.
- Ask one team/student to set up a tasting to compare the sensory characteristics of uncooked vs. cooked mango, if this tasting exercise was not set up separately.
- Students taste various recipes.



Tropical Mango Chutney

Recipe courtesy of Chef Allen Susser

Yields: 2 quarts

- 4 ripe mangos, peeled, pitted, diced
- 2 medium pineapples, diced
- 1 cup golden raisins
- 6 tablespoons sugar
- 1 teaspoon ground cumin
- 2 large cinnamon sticks, cracked in half
- 2 cups grated coconut
- 1 cup roasted peanuts
- 2 tablespoons minced red jalapeño
- 2 teaspoons salt

In a small pan simmer mango, pineapple and raisins with the sugar, cumin, cinnamon and $\frac{1}{2}$ cup of water over medium heat until tender. Stir in coconut, peanuts, jalapeño and salt. Bring to a boil, adding a little water if necessary, cooking until thickened, about 30 minutes. Cool and refrigerate.

Green Mango Chutney

Recipe courtesy of Chef Allen Susser

Yields: 2 quarts

- 2 small hot chilies
- 1 cup raisins
- 1 cup chopped dates
- 1 cup malt vinegar
- 4 green mangos, peeled, pitted, diced $\frac{3}{4}$ -inch
- 2 cups brown sugar
- 2 tablespoons salt
- 2 garlic cloves, minced
- 2 tablespoons minced ginger
- 1 large onion, diced
- 1 teaspoon cumin seed
- 1 teaspoon mustard seed

In a large saucepan, steep the chilies, raisins and dates in the malt vinegar for $\frac{1}{2}$ hour. Add the mangos and remaining ingredients. Cook 1 hour, until the mangos are soft and the mixture thickens. Cool and refrigerate.



Beef & Mango Empanadas with Mango Chimichurri

Recipe courtesy of National Mango Board

Yields: 16 empanadas

- 2 tablespoons olive oil
 - 1 small onion, diced
 - 2 cloves garlic, minced
 - $\frac{3}{4}$ pound ground beef
 - 2 tablespoons tomato paste
 - $\frac{1}{2}$ teaspoon cumin
 - $\frac{1}{2}$ teaspoon cinnamon
 - $\frac{1}{4}$ teaspoon cayenne
 - 1 (14.5-ounce) can diced tomatoes
 - $\frac{1}{2}$ cup shredded Monterey jack cheese
 - 1 egg
 - 1 tablespoon water
 - 2 large mangos (about 2 pounds), peeled, pitted, diced $\frac{1}{4}$ -inch
 - 2 (14.1 ounces) Pillsbury Ready Roll® pie crusts
 - $\frac{1}{4}$ cup pimento stuffed green olives, roughly chopped
- Mango Chimichurri, recipe follows

To prepare the filling: In a large skillet, heat olive oil over medium heat, add onion and cook for about 6 minutes, until softened. Add garlic and cook until fragrant, about 30 seconds. Add ground beef and cook until no longer pink, about 8 minutes. Add tomato paste, cumin, cinnamon, cayenne and canned tomatoes; simmer for about 10 minutes until thickened. Transfer beef mixture to large bowl. Gently mix in olives, cheese and diced mango.

Unwrap and unroll each piece of pie dough, divide each into 4 sections. Place about $\frac{1}{4}$ cup filling on bottom third of each piece. Fold dough over filling and crimp edges closed using fingers or fork.

Whisk egg and 1 tablespoon water in small bowl, brush egg wash over top of each empanada. Pierce top of empanadas with fork to allow steam to escape. Bake at 450 degrees F for about 40 minutes, until golden brown. Serve warm or at room temperature with Mango Chimichurri.

Mango Chimichurri

Yields: 2 cups

1 cup fresh flat-leaf parsley
¼ cup fresh cilantro
½ mango, peeled, pitted, roughly chopped
3 tablespoons red wine vinegar
1 clove garlic
Salt and pepper, to taste

Combine all ingredients in a blender or food processor. Pulse until combined. Add salt and pepper to taste.



Caramelized Mango with Crispy Serrano Ham, Pickled Onion & Jumbo Shrimp

Recipe courtesy of Chef/Owner Adolfo Garcia, Rio Mar, New Orleans

Yields: 12 servings

2 small red onions, sliced thin	1½ cups red wine vinegar
1½ cups sugar	6 fresh ripe mangos
6 tablespoons olive oil, divided	12 slices Serrano ham or Prosciutto
12 garlic cloves, peeled	Pinch chili flakes
Salt and freshly ground black pepper	Extra virgin olive oil, for finishing
48 large (31/35 count) fresh Louisiana shrimp, peeled and deveined	

To pickle onions: Submerge onion slices in the vinegar-sugar mixture with a generous pinch of salt for 30 minutes. (Onions can be made ahead and refrigerated.)

To caramelize mango: Peel mangos and cut the cheeks away from the seed. (Cut remaining fruit away from seed and reserve for another use.) Heat 3 tablespoons olive oil in nonstick pan. Season mango cheeks with salt and pepper. Add to heated pan and caramelize on each side. Remove and let cool.

To crisp ham: Bake ham slices at 350° F on a silicone mat or non-stick sheet pan till crisp for approximately ten minutes. Let cool.

Per order: Season 4 shrimp with salt and pepper and sauté in a hot pan with 1 teaspoon olive oil and 1 peeled garlic clove. Add a pinch of chili flakes and sauté until done, 3 to 4 minutes on medium-high heat.

To assemble: Dice mango from one cheek and scatter on serving plate. Add pickled red onion randomly. Break up 1 slice of crisp ham into large pieces and add to the plate. Add shrimp, and then drizzle with extra virgin olive oil and sprinkle a bit of sea or coarse salt over all ingredients.



Mango & Bacon Barbeque Pizza

Recipe courtesy of National Mango Board

Yields: One 7-inch pizza

- 1 (7-inch) pizza crust
- 2 tablespoons barbecue sauce
- ½ cup (2 ounces) shredded Italian cheese blend
- 2 strips bacon, cooked crisp, coarsely crumbled
- 1 tablespoon sliced green onion tops
- 1 cup (6.35 ounces) diced fresh mango

Spread crust with barbecue sauce, and then sprinkle with cheese, bacon, green onion and mango. Bake at 450° F for 8 to 10 minutes or until lightly browned around the edges.



Mango Coconut Chicken

Recipe courtesy of Chef Allen Susser

Yields: 12 servings

- 6 cloves garlic, finely chopped
- 3 tablespoons finely chopped fresh ginger
- 1½ teaspoons ground cumin
- 1½ teaspoons crushed red pepper flakes
- 2 teaspoons kosher salt
- ½ cup olive oil
- 12 boneless, skinless chicken breast halves
- 3 large ripe mangos, peeled, pitted, chopped
- 1½ cups coconut milk
- 3 tablespoons chopped fresh cilantro, for garnish

Combine the garlic, ginger, cumin, red pepper flakes, salt and olive oil. Add the chicken to the marinade mixture, coating completely. Marinate, covered and refrigerated, 30 minutes to 3 hours.

Per order: Over high heat, sauté one chicken breast until well browned on both sides, 7 to 8 minutes. Add about ½ cup mango and 1 ounce coconut milk to the pan. Bring to a simmer and cook until sauce forms, 4 to 5 minutes. Add salt to taste. Garnish with fresh cilantro.



Island Style Skewers with Ginger Mango Sauce

Recipe courtesy of National Mango Board

Yields: 48 skewers

- 1½ cups olive oil
 - 1½ cups prepared mango chutney, finely chopped if coarse
 - 1½ cups bottled teriyaki sauce
 - 6 tablespoons balsamic vinegar
 - 2¼ pounds boneless, skinless chicken breast
 - 1 pound medium shrimp (41-50 count), shelled and deveined
 - 48 large bamboo skewers (about 12 inches long), soaked
 - 3 medium yellow onions, each cut into 6 wedges
 - 3 medium red onions, each cut into 6 wedges
 - 6 ripe fresh mangos, peeled, pitted, cut into large cubes
 - 3 large green bell peppers, halved, trimmed, seeded, cut into large squares
- Ginger Mango Sauce, recipe follows

To marinate chicken and shrimp: Combine oil, chutney, teriyaki sauce and vinegar. (Set aside half of the marinade for basting.) Cut chicken into 1½ to 2-inch cubes. Place chicken and shrimp in shallow non-reactive pan. Cover with remaining marinade and refrigerate at least 3 hours or overnight.

To assemble kabobs: Alternate chicken and shrimp with onions, mango, and pepper onto soaked skewers. Clean and lightly oil grill. Place skewers over medium heat 15 to 20 minutes. Brush often with remaining marinade mixture and turn skewers until cooked through. Serve with Ginger Mango Sauce.

Ginger Mango Sauce

Yields: 6 cups

- 3 very ripe fresh mangos, peeled, pitted, roughly chopped
- $\frac{3}{4}$ cup frozen orange juice concentrate
- $\frac{1}{2}$ cup water
- 2 tablespoons grated fresh ginger

Combine all ingredients in blender. Puree until smooth.



Mango Upside Down Cake

Recipe courtesy of National Mango Board

Yields: 8 servings

½ cup light brown sugar	3 eggs, separated
1/3 cup mango nectar	1 teaspoon vanilla extract
1½ cups all-purpose flour	1/3 cup milk
1 teaspoon baking powder	Whipped cream and candied orange peel (optional)
¼ teaspoon salt	1 large mango, peeled, pitted and sliced ¼-inch thick
¼ teaspoon ground cloves	1½ sticks unsalted butter, softened, divided
¼ teaspoon cinnamon	
1 cup granulated sugar	
½ teaspoon orange zest	

In small saucepan, melt ½ stick of butter and stir in brown sugar, simmer for about 2 minutes. Pour mixture into buttered 9-inch round cake pan and top with sliced mango, creating a fan pattern.

Whisk together flour, baking powder, salt, cloves, and cinnamon. Set aside.

Beat remaining 1 stick softened butter, granulated sugar and orange zest until pale yellow and fluffy, about 5 minutes. Add whole egg yolks, one at a time until incorporated. Add vanilla. Continue beating and add half of flour mixture, then mango nectar and milk and finally remaining flour mixture.

Beat egg whites until soft peaks form then fold into batter. Carefully pour cake batter over mangos, spreading evenly. Bake at 350° F for about an hour, or until toothpick inserted into center of cake comes out clean. Cool in pan for 15 minutes then invert cake onto plate. Cool completely on a wire rack. Garnish with whipped cream and candied orange peel.



Bruleed Mango Cheeks

Recipe courtesy of National Mango Board

Yields: 2 servings

1 ripe mango, halved
2 teaspoons raw sugar

Place mango halves on a small baking sheet or inside a small baking dish. Sprinkle the top of each with 1 teaspoon sugar and broil until sugar is melted and beginning to turn golden brown, watching closely to avoid burning, 5 to 7 minutes. Cool slightly and serve.



Mango Panna

*Recipe courtesy of Executive Chef Chhimi Dorje,
The MasalaWala, New York, NY*

Yields: 1 drink

¼ cup roasted fresh mango pulp (instructions follow)
1 tablespoon sugar
6 ounces chilled water
¼ cup ice
Scant 1/8 teaspoon roasted, powdered cumin seeds
1/8 teaspoon rock salt or black salt
Pinch mint leaves, chiffonade cut
Lemon wedge
Ripe fresh mango, ribbon cut, for garnish
Mint leaf, for garnish
Black pepper, optional garnish

To assemble: Blend ¼ cup mango pulp with sugar (using less sugar if mango is really sweet or more if it's sour). Add water, ice, roasted cumin powder, and salt; blend until smooth. Strain mixture into a chilled glass. Stir in mint and juice from lemon wedge. Garnish with fresh mango and mint leaf. Sprinkle with black pepper if desired. Serve immediately.

Roasted Fresh Mango Pulp

1 firm ripe fresh mango

Roast the mango over direct flame (or in a tandoor over) until skin gets charred. Let cool, then peel the skin and rinse off any char. Scoop the pulp away from the seed. Refrigerate and use cold. Store refrigerated for up to 5 days.

QUIZ/REVIEW QUESTIONS

1. Name three ways fresh mango can be used in hot applications.

2. Only ripe mangos can be used in hot applications.

TRUE or FALSE

3. When heat is applied to a mango, the texture softens, the fibers break down and the flavor intensifies.

TRUE or FALSE

4. Sautéing fresh mango to caramelize brings out the fruits inherent sweetness.

TRUE or FALSE

5. Ripe mango holds its shape when grilled.

TRUE or FALSE

QUIZ/REVIEW ANSWERS

1. Grilled, sautéed, sauce
2. FALSE
3. TRUE
4. TRUE
5. TRUE



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