



GET TO KNOW YOUR MANGOS

A Foodservice Guide

Fresh Mangos are exotic and simple, exceptional and popular, and available in their tropical glory all year round. The more you know about mangos, the easier it is to build them into your menu.

- 1.** 6 major mango varieties are available in the U.S.



Ataulfo



Francis



Haden



Keitt



Kent



Tommy Atkins

- 2.** Mango trees thrive in tropical climates, and 6 source countries ensure a year-round supply.



- 3.** Growers harvest mangos by hand at the "mature green" stage to assure ripening off the tree.

- 4.** Never judge mango ripeness by skin color.

Squeeze gently, ripe mangos give a little. Refrigerate ripe mangos up to 5 days.



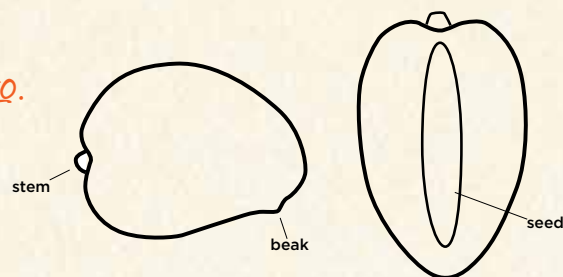
- 5.** Storage temps matter for mangos, like bananas.



MANGOS DO NOT RIPEN when stored below 50° F, and ripen best at 68° to 72° F. Mangos ripen from the seed out, and change from crisp and tart to soft and luscious.

6. *There's more than one way to cut a mango.*

Tip: The mango has one long, flat seed in the center that you will need to cut around.

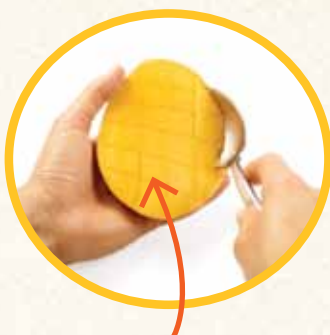


SKIN ON



Steady the mango, stem end down.

Position knife about 1/4-inch away from the center to cut both cheeks away from the seed.



Slice or dice the flesh in the cheeks, then scoop out or invert and cut the flesh away from the skin.



To portion, cut cheeks into sections, then slice flesh away from skin.



SKIN OFF



Cut a thin slice off the stem end to steady the mango, then peel skin away from flesh.

Position knife about 1/4-inch away from the center to cut both cheeks away from the seed.





Trim remaining flesh away from seed for maximum yield.

Score in quarters and peel as an alternate way to remove skin.



7. *Yield matters.*

Size/Count based on a box weight of 8.8 lbs.
1 cup 3/8-inch diced mango = 6.35 oz.

SHAPE/VARIETY	SIZE/COUNT	%YIELD	USABLE WEIGHT
ROUND TOMMY ATKINS 	8	62.91	11.27 OZ
	12	60.51	6.77 OZ
OVAL/OBLONG ATAULFO 	12	71.29	9.23 OZ

Source: Mattson, 2008.



FRESH MANGO. Grown Globally. Loved Locally.
mango.org/foodservice