# **FRESH MANGO FLAVOR PAIRINGS**

The different varieties and ripeness levels in fresh mangos provide notes of both sweet and sour, making it a versatile fruit to pair with various flavors. Use this list of some compatible ingredients and techniques to discover new flavors and create delicious results.

## **SPICES**

Cayenne Chile powders Chinese 5-Spice Chipotle Cinnamon Cloves Curry Garam masala Ginger, fresh Indian flavors (cardamom, asafetida, fenugreek) Mexican flavors (cumin, coriander, chile powder, oregano) Nutmeg Pepper, white Philippine flavors (fermented shrimp, garlic, turmeric) Red pequin chile powder Saffron Salt Star anise Thai flavors (hot, salty, sour, sweet)

## **HERBS**

Basil Cilantro Lemon grass Mint

## **NUTS, SEEDS**

Almonds Anise Cashews Macadamia Sesame

## **FRUITS**

Banana Blackberries Blueberries Coconut Coconut milk Grapefruit **Kiwifruit** Kumquats Lemon Lime Orange Papaya Passion fruit Pineapple Raspberries

Strawberries

## **VEGETABLES**

Bell pepper, red and green Cabbage, green Chile peppers Garlic **Ticama** Onion, red and sweet Scallion

## CONDIMENTS. **SAUCES**

Chutney Harissa Kimchi Mustard Olive oil Tabasco sauce Tamarind Vinegar, balsamic, red wine

## **GRAINS. BEANS. LEGUMES**

Black Beans Oats Ouinoa Rice

## **PROTEINS**

Baramundi Ceviche Chorizo Crab Fish Game Guanciale Lamb Lobster Mackerel Pork, roasted Prosciutto Salmon Serrano ham Shellfish, shrimp Tuna, grilled Squab

#### DAIRY

Buttermilk Cheese Cheese, mixed milk Cream Crème fraîche Kefir Milk, evaporated Yogurt

### **SWEETS**

Butterscotch Caramel Chocolate Honey Maple Mochi Risotto Sorbet

## **BEVERAGE**

Cashew milk Coffee Ginger Beer Green Tea Horchata Kombucha Lychee juice

#### SPIRITED

Amaretto Champagne Kirsch Orange liqueur Rum Sake Sauterne Chardonnay Ice wine Vodka

## Flavor Affinities

Vanilla

Mango + almonds + lime

Mango + basil + champagne

Mango + coconut + rice

Mango + ginger + mint + papaya

Mango + salmon + sushi rice

Mango + black pepper + lemon + mint + passion fruit

## Cooking Techniques

Caramelize, roast, braise, grill, smoke, brûlé, purée, pickle, ferment, freeze, aam panna



**MANGO.ORG/FOODSERVICE** 

