# 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 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)
- Vanilla

## HERBS
- Basil
- Cilantro
- Lemon grass
- Mint

## NUTS, SEEDS
- Almonds
- Anise
- Cashews
- Macadamia
- Sesame

## VEGETABLES
- Bell pepper, red and green
- Cabbage, green
- Chile peppers
- Garlic
- Jicama
- Onion, red and sweet
- Scallion

## FRUITS
- Banana
- Blackberries
- Blueberries
- Coconut
- Coconut milk
- Grapefruit
- Kiwifruit
- Kumquats
- Lemon
- Lime
- Orange
- Papaya
- Passion fruit
- Pineapple
- Raspberries
- Strawberries

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

## 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
- 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
- Brûlée
- Whip
- Spherification
- Kulfi
- Pickle
- Ferment
- Nitro Freeze
- Aam Panna
- Grill
- Char

Sources: *The Flavor Bible*, by Karen Page and Andrew Domenburg

*The Great Mango Book*, by Allen Susser; mango.org