

# 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

## 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  
Jicama  
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  
Quinoa  
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

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, Kulfı, Pickle, Ferment, Nitro Freeze, Aam Panna, Grill, Char

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

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



**Mango**.org