



Ripe Mango			
	Definitive	Dramatic	Daring
SAVORY	Sesame	Kombu	Pine
SALTY	Furikake	Shrimp Paste	Smoked Salt
SPICED	Allspice	Chai	Fenugreek
SWEET	Coconut Sticky Rice	Goat Milk Caramel	Aromatic Marshmallow
CRUNCHY	Carmel Corn	Cocoa Nibs	Fried Shallot
STARCHY	Quinoa	Forbidden Rice	Farro
HEAT	Serrano Chile	Peri-Peri	Togarashi
CREAMY	Goat Impastata	Burrata	Quark
SAUCY	Tamarind	Charmoula	Kewpie Mayo
OCEANIC	Barramundi	Mackerel	Eel
MEATY	Chorizo	Venison	Pancetta
GREEN	Bronze Fennel	Nasturtium	Sorrel
FRUITY	Green Tomato	Rhubarb	Finger Limes
SPIRITED	Pisco	Dry Oloroso Sherry	Allspice Dram
WET	Ginger Beer	Kombucha	Kefir

Unripe (Green) Mango			
	Definitive	Dramatic	Daring
SAVORY	Saffron	Water Chestnuts	Smoked Paprika
SALTY	Gomashio	Shiro	Anchovy
SPICED	Za'atar	Allspice	Ras el Hanout
SWEET	Grade B Maple	Candied Bacon	Date Sugar
CRUNCHY	Peanuts	Pepitas	Wasabi Peas
STARCHY	Black Rice	Buckwheat	Amaranth
HEAT	Marash Pepper	Sambal	Gochujang
CREAMY	Cotija	Paneer	Mascarpone
SAUCY	Shoyu	Aromatic Pepper	White Miso
OCEANIC	Octopus	Dried Shrimp	Sea Urchin (Uni)
MEATY	Serrano Ham	Duck Bacon	Lamb Neck
GREEN	Pea Tendril	Watermelon Radish	Claytonia
FRUITY	Mangosteen	Pomelo	Husk Cherries
SPIRITED	Pisco	Dry Oloroso Sherry	Allspice Dram
WET	Lychee Juice	Cashew Milk	Fermented Coconut Juice

Prepared/Cooked Mango			
	Definitive	Dramatic	Daring
SAVORY	Kimchi	Black Garlic	Ghee
SALTY	Bacon Salt	Sea Beans	Preserved Lemon
SPICED	Cardamom	Chinese 5-Spice	Mace
SWEET	Mochi	Cane Syrup	Gianduja
CRUNCHY	Chicharrón	Brazil Nut	Black Sesame
STARCHY	Koshihikari Rice	Purple Yam	Teff
HEAT	Harissa	Aleppo Pepper	Malagueta Chili
CREAMY	Manchego	American Brie	Halloumi
SAUCY	Agri-Dolce	Yuzu Kosho	Sofrito
OCEANIC	Amberjack	Sablefish	Sturgeon
MEATY	Guanciale	Foie Gras	Country Ham
GREEN	Lemon grass	Endive	Pineapple Mint
FRUITY	Yuzu	Limequat	Umbashi
SPIRITED	Mezcal	Ginger Liqueur	Smoked Rum
WET	Green Tea	Buttermilk	Horchata

TOP TECHNIQUES FOR MANGO PREPARATION/COOKING
Caramelize, Roast, Braise, Brûlée,Whip, Spherification, Kulfi, Pickle, Ferment, Nitro Freeze, Aam Panna, Grill, Char



Mango Flavor Pairing Guide

WHEN IT COMES TO REFRESHING A MENU, ANYTHING GOES WITH MANGO

Use this handy guide to create distinctive dishes, memorable menus and a world of variety with fresh mango.

As today's culinary teams explore exciting flavor combinations and innovative menu opportunities, they're finding more and better places for fresh mango. From the sweet and familiar to the surprisingly savory. As a complement or refreshing contrast. Spanning global cuisines and spices, appropriate any time of day, fresh mango provides inspiration.

The flavor, texture, and color of mango combines well with so many ingredients and cuisines. Use this pairing guide as a starting point for recipe ideation and inspiration for your menu. Then try something definitive, dramatic and daring of your own.



**Grill.
Dice.
Blend.
Spice.**

Just add mango!

Recipe Credits

Mango Shredded Beef Tamales

Chef Jason Hernandez, Blade & Tine Culinary

Mango Mousse Trifle Cake

Chef Sally Camacho, Sally CM Culinary Consulting, LLC

Mango Biche Lemonade Frappe

Chef Dave Woolley, CD Culinary Approach

Spicy Green Mango Noodle Salad With Smoked Fish

Chef Mikel Anthony, Chef's Roll

Seared Ahi Tuna Sandwich With Mango Slaw And Mango Jalapeno Jam

Chef Mikel Anthony, Chef's Roll

Mango Compote With Mango Scones

Chef Sally Camacho, Sally CM, LLC

Deep Fried Pickled Green Mango Spears With Tamari Sesame Dipping Sauce

Chef Tamra Scroggins, Daily Grill

Pan Seared Cod With Mango Strawberry Pico De Gallo And Cumin Mango Gastrique

Chef David J Stadtmiller, TGI Friday's

