



## STAGES OF RIPENESS & RECIPE IDEAS

### STAGE 1 VERY HARD

Very sour, starchy, crisp, grassy aroma

#### IDEAL CULINARY ROLES

Acid driver, crunch, salt-fat-acid balance

#### EXAMPLE RECIPES

- Bread & Butter Green Mango Pickles
- Thai Green Mango Salad
- Pickled Green Mango Relish
- Amba (Pickled Mango)

### STAGE 2 FIRM

Sour with slight fruit notes, crunchy

#### IDEAL CULINARY ROLES

Shaved/spiral applications, high-acid sides

#### EXAMPLE RECIPES

- Vietnamese Green Mango Noodle Bowl with Beef
- Deep Fried Pickled Green Mango Spears
- Green Mango Spirals with Mango Aguachile
- Mango Jicama Salad

### STAGE 3 BREAKING

Tart to slightly sweet, still crisp

#### IDEAL CULINARY ROLES

Sweet-savory, contrast in salads and bowls

#### EXAMPLE RECIPES

- Cucumber Mango Salad
- Mango Shrimp Ceviche
- Ahi Tuna Poke Bowl with Mango
- Mango Pico de Gallo

### STAGE 4 PARTIALLY RIPE

Balanced sweet-tart, juicy but holds shape

#### IDEAL CULINARY ROLES

Cross-over sweet & savory, "utility" stage

#### EXAMPLE RECIPES

- Mango Yogurt Parfaits
- Sweet Potato Mango Quinoa Salad
- Blackened Shrimp Skewers with Mango Pilaf
- Mango Salsa

### STAGE 5 FULLY RIPE

Sweet, aromatic, very juicy, low acid

#### IDEAL CULINARY ROLES

Hero fruit, dessert and beverage focus

#### EXAMPLE RECIPES

- Mango Lassi
- Tropical Sticky Rice
- Cheesecake Topped with Diced Mango
- Mango Smoothie Booster

### STAGE 6 SOFT TO TOUCH

Ultra sweet, intense aroma, can be mushy

#### IDEAL CULINARY ROLES

Puree, sauces, beverages, baking moisture

#### EXAMPLE RECIPES

- Mango Michelada
- Spinach Salad with Mango Vinaigrette
- Tropical Mango Sorbet
- Grilled Mango BBQ Sauce