

get creative: 10 ways to indulge

SWEET AND SPICY SNACK: Sprinkle mango slices with lime juice and ground red pepper, as the Mexicans do, or with salt, as is common in Puerto Rico.

TROPICAL FRUIT COMPOTE: Toss a peeled and cubed mango with a sliced banana, some pineapple chunks and a handful of shredded coconut. Drizzle with orange-flavored liqueur or orange juice then sprinkle with chopped macadamia nuts or almonds. Serve in wine goblets or martini glasses for an elegant dessert.

PB & M SANDWICH: For a twist on the traditional, spread peanut butter on toasted cinnamon-raisin bread; top with slices of mango and a light dusting of ground ginger.

SOUTH-OF-THE-BORDER SALAD: Toss peeled and cubed mango with peeled and cubed avocado, sliced red onion and a hefty dash of hot sauce; serve on a lettuce leaf and drizzle with vinaigrette.

FRESH SUMMER SALAD: Stir cubes of mango into carrot salad; stir in a squirt of lime juice.



in mangos from mexico

MANGO SAUCE IN A MINUTE: Purée fresh peeled and pitted mango with a little orange juice and serve over fruit salad. For chicken or fish, stir in a little lemon or lime juice, salt and pepper.

SAUTÉED MANGO TOPPING: In a skillet heat 1 peeled and chopped mango in a couple of tablespoons of butter and a dash of rum or fruit liqueur; serve over vanilla ice cream or slices of pound cake.

EXOTIC CHICKEN SALAD ROLL: Stir cubes of mango into chicken, shrimp or lobster salad; serve on hot dog rolls with leaves of Boston lettuce.

MANGO MELBA CHEESECAKE: Top a cheesecake with mango slices, then scatter with a few fresh raspberries. Spoon warmed raspberry preserves over each serving.

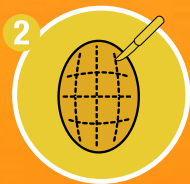
MANGO APPETIZERS: Spread crackers with goat cheese. Top each with a slice of mango and a dab of pepper jelly (or sprinkle with chili powder).

how to cut a mango

Keep in mind that the large flat oval pit follows the outside shape of the fruit.



1 On a board, hold the mango with one of the narrower sides facing up. Starting 1/4" from the stem, slice along each side of the pit to cut off the "cheeks."



2 With the skin side of the cheeks on the board, cut flesh criss-cross taking care not to cut through the skin.



3 Press skin so fruit pops outward. With a large spoon or knife, remove the mango cubes. Peel center section; cut off remaining fruit. (Alternatively, skip Step #2. With a knife, carve out the flesh in a single piece, cutting as close to the skin as possible. Serve whole or cut in slices.)

tidbits on mangos from from mexico

- If the mango is slightly firm, a vegetable peeler can be used to peel off the skin.
- A cut mango does not turn brown.
- Wrapped in plastic or stored in a container in the refrigerator, cut mango keeps for a couple of days.
- From 1 medium-sized mango (about 1 pound), peeled and pitted, you'll get about 1-1/2 cups sliced or diced, or about 1 cup puréed mango.
- Want to keep that mango feeling into the autumn? Mangos can be frozen! Peel and cube or slice the flesh and freeze in an airtight container or freezer bag. Serve them still partially frozen. Freeze mango puree in ice cube trays.

FOR MORE INFORMATION VISIT

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INFORMATION & RECIPES

mangos from **mexico**

Treat yourself to a taste of paradise!



T H E G O L D S T A N D A R D





Many Americans think of mangos as an exotic fruit. But, to the rest of the world, they're as familiar as apples or pears are to us. In fact, mangos are the most consumed fruit in the world—and for good reason. Cut open a mango and you'll discover vibrant golden flesh with a juicy, sweet, tropical flavor.

Mexico is the leading supplier of mangos to the U.S. and, in terms of quality, mangos from Mexico are the gold standard! The season for this premium tree-ripened fruit runs from February until mid-September, peaking from April to July.



TOMMY ATKINS

Available April-July

Medium to large (16 to 24 oz.), oval or oblong shape. When fully ripe, the greenish skin with crimson blush turns golden. Mild sweet flavor; a firm, fairly fibrous texture.



HADEN

Available March

Medium to large (16 to 24 oz.), oval or round shape. When fully ripe, the green skin with red blush turns yellow. Luscious, firm texture.

mango smoothie

Here's a pure and simple mango refresher. For something more exotic, try the variations.

1 very ripe mango

1/2 to 1 cup milk

1/4 tsp. vanilla extract

1-1/2 cups ice cubes

Sugar to taste

On a board, hold the mango with one of the narrower sides facing up. Starting 1/4-inch from the stem, slice along each side of the pit to cut off the "cheeks." With a knife, carve out the flesh, cutting as close to the skin as possible or scoop out with a large spoon; cut each piece in half. Peel center section of mango; cut off the remaining fruit. In the container of a blender, place the mango, 1/2 cup milk and vanilla; whirl until smooth, adding the ice, and additional milk and sugar as necessary.

YIELD: 2-1/2 TO 3 CUPS

VARIATIONS: Replace the milk with:

1/2 to 1 cup fruit sorbet

1/2 cup peach-flavored yogurt

1/2 banana cut in chunks and 1/2 to 3/4 cup water

1/2 cup canned crushed pineapple in juice

1/2 cup bottled piña colada drink mix and 1/4 cup dark rum (optional)

1/2 cup cold apple juice

1/2 cup cold white cranberry juice and 2 tablespoons lime juice

1/2 cup cold guava juice or nectar

1/2 cup buttermilk and a couple of spoonfuls of honey

1/4 cup each sweetened condensed milk, water and lime juice



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ATAULFO
*Available February-May
Small (6 to 12 oz.), flattened
oval shape. Thin yellow skin,
delicate spicy-sweet flavor;
buttery texture. The favorite
mango of aficionados
world wide.*

*Availa
Large
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mangostuffed frenchtoastcasserole

A double-luscious weekend treat, this breakfast casserole has mango tucked inside and is served with a sweet mango topping.

2 ripe mangos, divided

8 slices cinnamon-raisin swirl bread

4 ounces cream cheese, cut in 1/4-inch cubes

2 eggs

1 cup milk

2 tablespoons sugar

1/3 cup maple syrup

On a board, hold one of the mangos with one of the narrower sides facing up. Starting 1/4-inch from the stem, slice along each side of the pit to cut off the "cheeks." Cut flesh criss-cross, taking care not to cut through the skin. Press skin so fruit pops outward. With a spoon or knife, remove the mango cubes. Peel the center section of mango; cut off remaining fruit and chop. Set aside. Butter an 8-inch square glass baking dish. Arrange 4 slices of the bread in the baking dish to cover the bottom. Sprinkle with the cream cheese cubes, then the diced mango. Top with the remaining bread. In a bowl beat eggs with milk and sugar; pour over bread. Gently press bread down. Let casserole stand until liquid has been absorbed, about 10 to 15 minutes. (Or cover casserole and refrigerate until ready to bake, up to 12 hours.) Preheat oven to 375°F. Bake, uncovered, until set and golden, 25 to 30 minutes. Meanwhile, for the mango-maple topping, cut the remaining mango as directed above. In a medium microwave-safe bowl, heat syrup until warm, 20 to 30 seconds. Stir in mango. Serve casserole with mango-maple topping.

YIELD: 4 PORTIONS



KENT

*Available June-September
(20 to 26 oz.), oval
shape. The greenish skin with
red blush and small
dots stays the same,
when ripe. Vibrant juicy
flavor; tender texture.*



KEITT

*Available June-September
Large (20 to 26 oz.), oval
shape. The green skin with
slight dark red blush stays the
same even when ripe.
Aromatic with rich fruity
flavor; very smooth texture.*

getto knowmangos

Depending on variety, mangos can be oblong, kidney-shaped or round, and the skin color can range from red to golden to green. The flesh, which ranges from mellow yellow to deep orange, surrounds a pit that is usually large and flat. Though there are hundreds of varieties of mangos, five varieties are imported into the United States from Mexico, with differences in flavor and texture.

ripeandready mangos

Keep mangos on the counter until ripened. To speed up the process, place them in a closed paper bag. With mangos, color is only skin deep. If a mango has a red blush, it's from the sun—not an indication of ripeness.

- The best way to tell if a mango is ripe is to give it a sniff near the stem. A fragrant and fruity aroma is a sure sign of a ripe mango. A faint scent means the fruit needs more time to ripen.
- Gently squeeze it—most mangos become softer as they ripen.
- Mangos do not become redder after they've been picked. The green patches of skin on Tommy Atkins and Haden turn a rich yellow as they ripen; Ataulfo, Kent and Keitt keep their same color when ripe.
- Once ripe, refrigerate mangos to slow down ripening.
- For fullest flavor, let chilled mangos reach room temperature before eating.

mangosaregood foryou

They're an excellent source of vitamin C and a very good source of vitamin A. They also provide potassium (a nutrient in which many people are deficient) and fiber. A serving (half a medium-sized mango) contains about 70 calories.