

MANGO DIP

Ingredients

1 x mango
Lime Juice
½ brown onion
1 x tub ricotta or light cream cheese

Method

Puree all ingredients together and eat with crackers or chips.

Cooks note – you could also add some sweet chilli sauce.

MANGO CHUTNEY CHEESE BALL

Ingredients

300g cream cheese at room temperature
1 cup raisins
100g cooked diced bacon
3 shallots chopped
3 tablespoons sour cream
250g jar of mango chutney

Method

1. In a medium bowl, stir together the cream cheese, raisins, bacon, shallots and sour cream. Form into a ball and wrap in plastic wrap. Refrigerate for at least 3 hours or overnight before serving.
2. To serve, place the cheese ball on a serving tray and pour the chutney over it. Surround with crackers for dipping.

MANGO CHICKEN CURRY

Ingredients

2 x medium mangoes, peeled & sliced
400ml can coconut milk or coconut evaporated milk
1 x tablespoon hot Indian curry paste
500g chicken breast fillets, diced
4 x medium shallots, sliced
1 x large cucumber, seeded and sliced

Method

1. Place half of the mango slices into the bowl of a blender with the coconut milk. Blend until smooth.
2. Heat the oil in a large pan over medium-high heat. Cook the curry paste, stirring until fragrant. Add the chicken and shallots and cook stirring until chicken is cooked through.
3. Pour in the mango puree and cook until heated through. To serve, stir in remaining mango slices and cucumber – on a bed of rice.

MANGO SALSA

Ingredients

½ Mango, diced into small cubes
½ cup red onion diced
1 tsp minced chilli (as much or little as you like)
1 tbsp. fresh lime juice
Chick Peas (as much or little as you like)
Chopped fresh Coriander

Method

EASY! Put them all into a bowl, mix then place on top of your freshly cooked (and rested) pork chop!

CURRIED MANGO CHUTNEY

Ingredients

1kg mango flesh – roughly chopped
3 tablespoons olive oil
1 teaspoon crushed chillies
¼ cup fresh ginger, minced
1 clove garlic, crushed
1 brown onion, diced
200ml white wine vinegar
150ml pineapple juice
¾ cup brown sugar
2 tablespoons curry powder
2/3 cup raisins

Method

1. Place crushed chillies in a large saucepan with olive oil over medium heat.
2. Stir for a minute until fragrant. Add ginger, garlic, onion and capsicum and sauté for about 3 minutes.
3. Add the mango and turn off the heat.
4. Meanwhile, combine pineapple juice, vinegar, sugar and curry powder.
5. Mix well and add to the pan along with the raisins.
6. Bring the mixture to the boil. Reduce to a simmer and reduce for around half an hour or until required consistency is reached.
7. Decant into sterilised jars.

MACADAMIA CRUMBED FISH WITH MANGO SAUCE

Ingredients

½ mango – peeled, seeded and diced
½ cup cream
1 teaspoon lemon juice
½ teaspoon black pepper
1 pinch chilli flakes
½ cup chopped macadamia nuts
½ cup seasoned bread crumbs
1 teaspoon olive oil
500g of fish fillets of your choice
Salt & ground black pepper to taste
2 cloves minced garlic
1 tablespoon olive oil.

Method

1. In a food processor, combine macadamia nuts, bread crumbs, 1 teaspoon olive oil, black pepper and chilli flakes. Process until smooth. Preheat oven to 175 degrees.
2. In a small saucepan over medium heat, combine mango, cream and lemon juice. Bring to boil, reduce heat and simmer until thickened.
3. Season fish with salt & black pepper. Heat 1 tablespoon olive oil and crushed garlic in a large frypan over medium heat. Sear on both sides.
4. Transfer fish to preheated oven and roast until cooked through. Cover the fish with macadamia crust and return to oven until crust browns. Top with the mango cream sauce.

Handy Hints

Important Storage Information

The number one rule for mango storage is, only put them in the refrigerator when they ripen. If you put a green mango in the refrigerator it will never ripen

Depending on the variety and age of the tree, a ripe mango maybe green, yellow, orange or red. Selecting the ripeness of mangoes can be determined by either smelling or squeezing gently. A ripe mango will have a full fruity aroma emitting from the stem. Mangoes can be considered ready to eat when slightly soft to touch and yield to gentle pressure.

REMEMBER DO NOT STORE MANGOES IN THE REFRIGERATOR.

Mangoes should be ripened at room temperature. Once they are ripe you may then put them in the refrigerator.

What Can I do with my Mangoes

Eat them fresh! For less mess cut the cheeks off the mango then score the halves into cubes and flip inside out. See above.

Freeze them. Peel a ripe mango and cut into slices, this can then be frozen in portions to suit you. You can then enjoy this tropical treat all year, perhaps with a little ice cream for dessert, a mango smoothie or your favourite mango recipe. Mango pulp or puree can be frozen in ice cube trays then added to sparkling mineral water or orange juice for a refreshing drink.

Dry them. Mangoes can be dried using a home food drier, which you can purchase, from any appliance centre. Peel a ripe mango slice and then dry. Dried mango provides a nutritional packed, low fat snack that is sweet and delicious. Perfect for school lunches!

Slicing a Mango



1. Start with the cheek. Fillet it lengthwise.



2. Cut 1/2 cm squares by scoring the mango with a knife. Do not cut through the skin.



3. Turn the mango half inside out, separating the cubes. Eat the mango straight from the skin or slice off the squares with a knife and eat with a fork.