

Recipes... MANGOS



NOTES & TIPS: An average mango will weigh about $\frac{1}{2}$ to $\frac{3}{4}$ pound and yield about $\frac{3}{4}$ to $1\frac{1}{4}$ cups diced fruit. The juice will stain your clothing, so be careful eating. If the fruit is too ripe to delve into without making a mess, simply massage the fruit until it is extremely soft, slice off the stem end and squeeze the juice into a glass. Although not poisonous, the skin is generally not eaten as it can be irritating to the mouth. If you are allergic to poison oak or poison ivy, you will probably be allergic to the skin and sap of a mango. Use gloves.

ORANGE MANGO SOUP

mint leaves
lemon juice to taste
2 tsp. honey
1 $\frac{1}{2}$ cups orange juice
3 large, very ripe mangos
1 large navel orange
1 $\frac{1}{2}$ cups buttermilk

Remove rind from the orange and set it aside. Peel and remove all the pith from the orange, then cut the orange into $\frac{1}{4}$ inch slices and refrigerate. In a food processor, puree the mango flesh and the orange rind until smooth. Strain through a fine sieve into a 1 $\frac{1}{2}$ quart container. Add the buttermilk, orange juice and honey to taste. The soup should be the consistency of whipping cream. If it is too thick, add more buttermilk. Chill thoroughly up to 2 days before serving. Just before serving, add lemon juice and more honey, if necessary. Pour into chilled dishes and float an orange slice and mint leaves on top.

MANGO OMELET

4 eggs
2 tbsp. whipping cream
1 tbsp. sugar
3 tbsp. butter
2 large mangos, cut in chunks
 $\frac{1}{2}$ tsp. salt

Beat eggs, cream, sugar and salt lightly in medium-sized bowl. Melt butter in 9" skillet over medium high heat, tilting pan to coat bottom and sides. Pour egg mixture into pan. Cook, lifting edges of set mixture to allow uncooked egg to flow to bottom of pan. Continue to cook until omelet is set, but top is slightly moist. Layer mango over top of omelet and cook 30 seconds. Fold like an envelope and slide onto serving platter.

MANGO JAM

2 tbsp. lemon juice
7 $\frac{1}{2}$ cups sugar
1 bottle liquid pectin
4 cups mango puree

Put mango puree into saucepan. Add sugar and lemon juice. Mix well. Bring to a full rolling boil and boil for 1 minute, stirring constantly. Remove from heat and stir in pectin, all at once. Skim off any foam with a spoon. Ladle into hot sterilized jars and seal with lids.

MANGO RASPBERRY FROST

$\frac{1}{2}$ cup raspberries
2 cups milk
whipped cream

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1 mango, cubed

In blender, combine mango, raspberries and milk. Whip until smooth. Pour into chilled glasses. Top with whipped cream.

CHICKEN WITH MANGO SALSA

1/2 cup orange juice
1 1/2 cups cubed mango
1 clove garlic, crushed
1 tsp. chopped cilantro
1/2 cup sugar
1/4 cup green onion, chopped
1/4 cup vinegar
2 tbsp. lime juice
Tobasco sauce
Worcestershire sauce
6 boneless chicken breasts cut in bite size pieces

Marinate chicken in Worcestershire sauce. Then saute in olive oil and set aside. Combine sugar, green onion, vinegar, lime juice and a few drops of tobasco sauce in a saucepan. Bring to a boil, stirring constantly until the sugar dissolves. Add mango, garlic and cilantro, stirring gently. Mix in orange juice. Pour hot mixture over chicken. Serve immediately.

TROPICAL SALAD

1/2 cup oil
1/4 cup lime juice
4 tsp. sugar
1 tsp. onion powder
1/2 tsp. salt
1/8 tsp. pepper
2 heads romaine lettuce torn into pieces
2 cups mangos, cubed
1 large avocado sliced

Directions Blend together oil, lime juice, sugar, onion powder, salt and pepper. Toss lettuce, mango and avocado. Pour on dressing.

FRENCH TOAST WITH MANGOS

2 eggs separated
1 tsp. vanilla extract
1 1/2 cups soft bread crumbs
8 thick slices French bread
4-6 tbsp. butter
2 cups chopped mango
1 cup sour cream
1/4 cup brown sugar
1/8 tsp. cinnamon
1 cup cream

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Beat cream, egg yolks and vanilla until blended. Beat egg whites and a dash of salt until frothy. Spread bread crumbs in a jelly roll pan. Dip bread slices in yolk mixture about 10 seconds on each side, then dip in egg whites and coat with bread crumbs. Saute in butter until golden. Keep warm. Combine mango, sour cream, sugar and cinnamon. Serve over French toast.

SUGARLESS MANGO BREAD

1/2 cup oil
1 cup mango puree
2 cups quick bread mix
2 beaten eggs
1/2 cup chopped nuts

Combine all ingredients and mix well. Pour into a well greased loaf pan. Bake at 350' for 45 minutes.

MANGO BREAD

1 cup butter
1 1/2 cups sugar
4 eggs
1/2 tsp. salt
2 tsp. baking soda
4 cups flour
1 1/2 cups diced mangos
2 tbsp. lemon juice
1 cup chopped nuts

Cream together butter and sugar. Add eggs. Stir in dry ingredients, mangos and lemon juice. Pour into 2 8" loaf pans. Bake at 350' for 1 hour or until loaf tests done. Cool in pans 10 minutes. Remove from pans and cool thoroughly. For best results, wrap in foil and serve the following day.

OVEN DRIED MANGOS

1 cup sugar
3 cups water
2 tbsp. lime juice
2 lbs. mangos, 1/4" slices

Mix water, lime juice and sugar. Heat to boiling. Add mango slices to syrup and let stand for 20 minutes. Drain fruit and spread in single layer on a rack in the oven at 130' for 8 hours or until mangos are leathery, but pliable. Pack in air tight containers. Refrigerate or freeze for longer storage.

BEET MANGO CABBAGE SALAD

1/2 cup mayonnaise
1 tbsp. pineapple juice
1 cup shredded raw beets
1 cup chopped firm mangos
2 cups shredded cabbage

Prepare dressing by mixing mayonnaise with pineapple juice. Place shredded cabbage on salad plates. Add mango and top with beets. Spoon on dressing.

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MANGOS & ROASTED CHICKEN WITH PASTA

- 2 tbsp. butter
- 1/3 cup chopped green onions
- 1 cup mango chunks
- 2 boneless, skinless chicken breast halves, roasted and sliced
- 1 1/2 cups cream
- 1 package bow-tie noodles

Cook noodles according to package. Drain. Simmer cream for 4 minutes. Add chicken, mangos, onions and butter. Continue simmering for 2 minutes more. Season with salt and pepper to taste. Pour over pasta and serve.

TROPICAL CHICKEN

- 2 green onions, thinly sliced
- 1 cup mango cubes
- 1 clove garlic, minced
- 1/2 tsp. salt
- 2 tbsp. lime juice
- 1 tsp. grated lime peel
- 1 tbsp. grated ginger or 1 tsp. powdered ginger
- 2 cans (15 oz.) black beans
- 4 chicken thighs
- 4 chicken drumsticks

Place chicken, skin side up in an ungreased baking pan. Bake at 375 degrees uncovered for 40 minutes. Mix all other ingredients and spoon over chicken. Cover and bake 30 minutes more.

MANGO RASPBERRY PIZZA

Crust:

- 1 cup flour
- 1/4 cup powdered sugar
- 8 tbsp. margarine

Filling:

- 8 oz. cream cheese
- 1/2 cup sugar
- 3 - 4 large mangos, peeled and sliced

Glaze:

- 1 cup crushed raspberries
- 1/2 cup water
- 3/4 cup sugar
- 2 tsp. cornstarch

To make crust; mix together flour, powdered sugar and margarine. Press into a large pizza pan and bake at 350 degrees for 10 minutes. Mix filling; cream cheese and sugar and spread over warm crust. Peel and slice fruit and place on filling. In saucepan mix glaze of crushed berries with water, sugar and cornstarch. Over medium heat, cook and stir until thickened and bubbly. Pour glaze over fruit. Chill or serve warm.

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MANGO BANANA OATMEAL MUFFINS

1 cup whole wheat flour
1/2 cup all purpose flour
1/2 cup oatmeal
1/4 cup brown sugar
2 tsp. baking powder
1/4 tsp. salt
1 tsp. cinnamon
1/4 cup butter
1 egg, beaten
1 cup milk
1 tsp. vanilla
1/2 cup banana, mashed
1/2 cup mango, chopped

Combine flours, oatmeal, sugar, baking powder, salt, cinnamon. Cut in butter, then moisten with milk, egg and vanilla mixture. Fold in banana and mango. Spoon batter into greased muffin pan 2/3 full and bake at 400' for 20 to 25 minutes.