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CULINARY COLLEGE

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# Recipes from The National Mango Board

Recipes developed by The Culinary Institute of America as an industry  
service to The National Mango Board.

# MANGO POKE BOWL

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Unripe (green) mango,* peeled, large diced	4 ea.
Nori seaweed, sheets, julienned	1 ea.
Soy sauce	2 Tbsp.
Lime juice	2 Tbsp.
Sesame oil	½ tsp.
Green onions, thinly sliced on bias	1 ea.
Garlic clove, thinly sliced on mandolin	1 ea.
Ginger, minced	1 tsp.
Cashew nuts, toasted, chopped	¼ cup
Edamame beans, cooked	½ cup
Black sesame seeds	½ tsp.
Rice, cooked	2 cups
Green onion, thinly sliced	1 stem

\*Recommended mango ripeness stage 2 to 3

## **Method**

1. Combine with the all the poke ingredients in a bowl and let stand refrigerated for 30 minutes to develop flavor.
2. To plate the poke, place 1 cup on top of white rice.
3. Top the poke with remaining sliced green onions.

# MANGO SMOOTHIE WITH TURMERIC, GREEN TEA, GINGER

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Ripe mango,* peeled, diced	2 ea. (or 3 cups)
Turmeric	1 tsp.
Ginger, minced	1 Tbsp.
Brewed green tea (or water)	1 cup
Ice (cubed)	1 cup
 <i>Garnish</i>	
Chia seeds	¼ cup
Activated charcoal	1 tsp.
Matcha powder	1 Tbsp.

\*Recommended mango ripeness stage 4 to 5

## **Method**

1. Soak chia seeds in water overnight in the refrigerator.
2. Place all smoothie ingredients in a blender and blend until completely smooth.
3. Mix in soaked chia seeds until incorporated.
4. Garnish with options of matcha powder and/or activated charcoal.

# PICKLED GREEN MANGO RELISH

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Onion, brunoise	1 cup
Mustard seed, yellow	1 Tbsp.
Salt	2 tsp.
Apple cider vinegar	¾ cup
Ginger, 1" piece smashed	1 pc.
Garlic cloves, smashed	4 ea.
Sugar	1 cup
Water	½ cup
Unripe (green) mango,* peeled, small diced	4 ea.
Red Fresno chili, seeded, ⅛" diced	1 ea.
Lime, rind only, ¼" diced	1 ea.

\*Recommended mango ripeness stage 2 to 3

## **Method**

1. In a large saucepan, combine the onion, mustard seed, salt, vinegar, ginger, garlic, sugar and the water. Mix to combine and bring to a simmer for 5 minutes.
2. Remove the ginger and garlic from the simmering mixture.
3. Add the mangos, Fresno chilies, and lime rinds to the saucepan and simmer for another 10 minutes.
4. Remove from the heat and refrigerate overnight.
5. Taste and adjust the seasoning, as necessary. Cover and store in the refrigerator for up to 2 weeks.

**Note:** Use this relish as a spread on a charcuterie board, as a sauce for hamburgers, or roast meats, on grilled fish or shrimp, and as a garnish for Hors d'Oeuvres, such as deviled eggs.

# VIETNAMESE GREEN MANGO NOODLE BOWL WITH BEEF

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Marinade</i>	
Lemongrass, minced	1 tsp.
Shallot, minced	1 Tbsp.
Soy sauce	1 Tbsp.
Sugar	1 Tbsp.
New York strip steak	1 lb.
<i>Fried Shallots</i>	
Shallots, thinly sliced	½ cup
Vegetable oil	1 cup
<i>Chili Lime Vinaigrette</i>	
Garlic clove, minced	1 ea.
Thai bird chiles, minced	1 ea.
Brown sugar	¼ cup
Fish sauce	¼ cup
Lime juice	¼ cup
Water	¼ cup
Shallot frying oil, cool	½ cup
Unripe (green) mango,* spiralized	4 ea.
Green beans, thinly sliced on bias	1 cup
Red bell pepper, julienned	1 ea.
Cilantro, chopped	2 Tbsp.
Thai basil, chiffonade	2 Tbsp.
Roasted peanuts, chopped	¼ cup
Romaine lettuce, chopped	6 cups (1 head)

\*Recommended mango ripeness stage 2 to 2.5

## **Method**

1. Combine lemongrass, shallot, soy sauce, sugar in a bowl. Marinate beef for 30 minutes. Drain beef from marinade.
2. Place shallots on paper towel lined sheet pan for 30 minutes.
3. Heat a pot with the oil to 275°F. Fry shallots in batches until golden brown, drain, and reserve. Cool the oil.
4. Mash the garlic and chilies in a mortar and pestle with the sugar until smooth. Transfer to a bowl and add fish sauce, lime juice and water. Drizzle in the shallot oil until incorporated.
5. Heat a grill or griddle on high and grill or griddle the beef until just done. Slice thinly.

6. Toss mango, green beans, bell peppers, cilantro, and Thai basil with chili lime vinaigrette.
7. Place lettuce in bowls and top with the salad and beef. Garnish with fried shallots and peanuts.

# CHICKEN WITH MANGO MOLE AND PEPITAS

*Yield: 4 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, cut into pieces	1 ea.
Salt	as needed
Ground black pepper	as needed
Vegetable oil	3 Tbsp.
Pasilla chile	10 ea.
Raisins	¼ cup
Chipotle chile	1 ea.
Water, boiling	2 cups
Pepitas	2/3 cup
Sesame seeds	1/3 cup
Peppercorns	6 ea.
Cinnamon stick, ¾" pc.	1 ea.
Coriander seeds	⅛ tsp.
Anise seed	⅛ tsp.
Bay leaf	1 ea.
Cloves	4 ea.
White onion, diced	1 ea.
Ripe mango,* peeled, diced, seeds reserved	2 ea.
Garlic cloves	3-4 ea.
Corn tortilla, stale, torn	1 ea.
Chicken broth	2 cups
Lime juice	¼ cup
Rice, cooked	2 cups
Tortillas, warm	12 ea.
Ripe mango,* small diced	1 ea.
Cilantro leaves	½ cup

\*Recommended mango ripeness stage 4 to 5

## **Method**

1. Season the chicken with salt and pepper and brown the skin in oil until rendered and crisp. Remove from pan.
2. Fry the pasilla chiles in the fat remaining in the pan until just starting to smoke. Remove. Make sure seeds are removed.
3. Put the chiles in a blender with the raisins, chipotle, and the boiling water and blend until very smooth. Set aside.
4. In the pan with the remaining fat, toast the pepitas, sesame seeds, and spices until fragrant.
5. Add the onion and sauté until slightly browned. Add mango and garlic and cook for 5 minute until the mango is softened.

6. Add the tortilla, puréed chili, and mango seeds and cook until it thickens and starts to stick to the pan. Remove mango seeds.
7. Place the mixture into the blender again and purée until smooth adding chicken broth as needed to create a smooth purée.
8. Return the purée to the pan and add the chicken and remaining broth, if any.
9. Heat the mixture until bubbling, slowly, and stew the chicken until tender, about 45 minutes.
10. Degrease the sauce as necessary.
11. The mole should be thick. Adjust flavor with lime juice.
12. Serve the mole over chicken and rice with warm tortillas garnished with mango and cilantro.