



Contact: Angela Serna  
National Mango Board  
(407) 629-7318, ext. 113  
ASerna@mango.org

### **Make Way for Mangos in 2018 with Top Culinary Trends**

ORLANDO (January 2018)—Keep your operation on trend with flavorful, colorful and multipurpose mangos, taking advantage of buzz from the National Restaurant Association's *What's Hot 2018 Culinary Forecast* that names house-made condiments, artisan pickles and ethnic condiments—all applications in which mangos excel—as three of the top 10 food trends this year. Mangos also shine as part of Middle Eastern flavors (No. 38 trend) and in Mediterranean flavor (a named "perennial favorite").

The options for incorporating mangos into fresh condiments, artisan pickles and ethnic condiments are plentiful, given the fruit's versatility. Recent research from Dataessential noted that mango salsas are one of the most popular of ways to use the fruit as a condiment, with one-quarter of appetizers, entrees or side with mango featuring it in this manner. In commercial foodservice operations, mango is most often paired with chicken and shrimp, the latter of which is up 3 percent over the previous year. Mango chutneys and vinaigrettes are also ideal options in a foodservice setting, as are relishes—up 4.2 percent in popularity, according to Technomic's MenuMonitor. The use of green mango in a relish or chutney can be a particularly intriguing application, as the mature, but not yet ripe, fruit mimics the flavor and texture of a crisp, tart green apple.

The flavor profile of mangos also allows it as a prevailing ingredient in ethnic condiment and cuisines. Operators are experimenting with chamoy, a pickled fruit sauce that often features mangos and originates from Mexico, on their menus as a way of tying all three of these key trends (condiments, pickling and ethnic cuisines) together. Additionally, the tangy condiment amba (the Sanskrit word for mango) that's becoming prevalent at Mediterranean and Middle Eastern restaurants. "This condiment is excellent with so many things including, grilled and or smoked proteins like chicken, pork and fish and also grilled and or smoked vegetables," says Chef Dave Woolley. "It's also great with noodle, rice and grain dishes. The texture and slightly sweet and sour flavor with highly aromatic spices really can level up any dish as a fun and unique condiment." Use Woolley's recipe for Israeli Amba to add a condiment to your menu that hits on some of the top trends in today's culinary scene.

#### **Israeli Amba**

**Prep time:** 60 minutes

**Cook time:** 30 minutes

#### **INGREDIENTS**

3 large mangos, washed and peeled  
2 Tbsp. canola oil  
2 1/2 Tbsp. mustard seeds  
2 Tbsp. cumin seeds, whole



2 tsp. ground black pepper  
1 1/2 tsp. Red chile powder or Aleppo chile  
1/2 Tbsp. ground fenugreek  
1 Tbsp. hot paprika  
1 Tbsp. ground turmeric  
6 cloves garlic, finely minced  
2 Tbsp. honey  
2 Tbsp. apple cider vinegar  
1 Tbsp. sea salt

### INSTRUCTIONS

1. Cut the mango off the center seed and slice into 1/4 slices via the length of the mango. Pieces from the trimming are OK, too.
2. In a mixing bowl, coat all of the slices and pieces with the sea salt, and then evenly disperse the slices into three large glass jars (larger mason or pickle jars are great). Close the jars and shake it to evenly distribute the salt.
3. Place the jar in a sunny spot or window sill for 4 days to release the liquid in the mango slices. Through this process, shake the jars a few times a day to ensure mangos stay coated in their own juice. At the end of this time, the mangoes should be a very light yellow color. You will also see bubbles producing from the fermentation.
4. After 4 days, drain the mangoes, saving the liquid.
5. Allow the mango slices to dry on a paper towel for a few hours.
6. Heat on high the canola oil in a pot, and then add all the measured spices. Cook and constantly stir for 20 to 30 seconds, until the whole spices begin to pop and become well-toasted.
7. Reduce heat by half, and then add the mango liquid, vinegar and honey and cook for 30 seconds. Add the fermented mango slices and finely minced garlic to this mixture and cook for another 2 minutes covered.
8. Remove from the flame and let cool completely.
9. Use a blender and pulse the ingredients to you form a slightly smooth/chunky sauce with lots of small particulate pieces. Pour the mixture into a clean container with an airtight lid. The Amba will keep refrigerated for at least 6-8 weeks.





Green mangos sliced, salted and jarred (left), then fermenting (center) and changing color and becoming juicy (right).



### **About the National Mango Board**

The National Mango Board is an agriculture promotion group supported by assessments from both domestic and imported mangos. The board's vision, to bring the world's love of mangos to the U.S., was designed to drive awareness and consumption of fresh mangos in the U.S. marketplace. One cup of the superfruit mango contains 100 calories, 100% of daily vitamin C, 35% of daily vitamin A, 12% of daily fiber, and an amazing source of tropical flavor. Learn more at [mango.org](http://mango.org).