

# Mango



## Selecting

There are hundreds of varieties of mangoes grown in tropical climates around the world. They range in weight from a few ounces (milligrams) to several pounds (or a kilogram or more). Their most common form is oblong or kidney shaped, though they can also be round or oval.

When selecting a mango, don't focus on colour. It is not the best indicator of ripeness. Squeeze the mango gently. A ripe mango will give slightly. Ripe mangoes will sometimes have a fruity aroma at their stem ends. Always judge by feel.

Mangoes do ripen after they are picked so it is fine to buy them unripe. Just make sure the skin is blemish free.

## Storing

Keep unripe mangoes at room temperature. They shouldn't be refrigerated before they are ripe. Mangoes will continue to ripen at room temperature, becoming sweeter and softer over several days.

To speed up ripening, place mangoes in a closed paper bag with a banana and store at room temperature. Once ripe, if you are not going to eat it right away, put them in a plastic bag and store in the refrigerator, which will slow down the ripening process. Whole, ripe mangoes may be stored for up to five days in the refrigerator. Mangoes are best served at room temperature.

They may be peeled, cubed and placed in an

airtight container in the refrigerator for several days or in the freezer for six months or longer.

## Preparing

To cut, hold the mango lengthwise and slice down on each side of the pit to cut the mango's 'cheeks' away. You can also then cut a long thin piece of mango away from each side of the pit.

With a sharp knife, make long slices in each cheek without cutting through to the skin. Now create a criss-cross pattern by rotating the mango cheek and slicing across the cuts previously made.

Turn the mango cheek over and push the fruit out. Use the knife to cut away the chunks of flesh from the skin.

## Eating

Mangoes are great to eat as is, and make an excellent addition to a salad, chutney or a Thai beef or chicken recipe. They are easily substituted for other fruits in crisps, pies, flans or sorbets.

## Seasonality

Mangoes are available from January to September, arriving from many different tropical regions, depending on the month.

## Nutrition

Half of a mango has 67 calories. It is a good source of Vitamin C, high in Beta -carotene and a source of folate, Vitamin B6 and fibre.



Here is a delicious recipe for Flounder with Mango  
[www.halfyourplate.ca/recipe/flounder-with-mango-2/](http://www.halfyourplate.ca/recipe/flounder-with-mango-2/)

