

Mango

Recipe Book

EAT

FRESH

ST. LUCIA'S BEST

Tasty Mango Cuisine from Popular Local Restaurants





Got Fresh Mangoes?

Try cooking up a quick and simple mouth watering mango dish using everyday ingredients; that's sure to satisfy your taste buds.

This mango recipe book contains 30 amazing recipes which are guaranteed to impress your family at the table or bring a special flare to any gathering.

Explore a contemporary style of cooking with this juicy fruit.

Acknowledgement

The Department of Agriculture, Fisheries, Natural Resources and Co-operatives, and Saint Lucia OECS Commission would like to thank everyone who contributed to the development of this mango recipe book. Thank you to the department of agriculture's marketing unit for developing and designing this book.

To all the local restaurant owners and chefs who share their mango recipes thank you.

Thank you to the mentor chefs and students who participated in the National Cooking Competition for inspiring this initiative.

We would also like to thank the European Union for funding this project.

Thank you!

Pink Papaya

Spice of India

The Harbour Club

Mathews

Tapas on the Bay

Orlando's Restaurant

Ti Bananne

[Coco Palm]

Flavours of the Grill

The Mango Tree

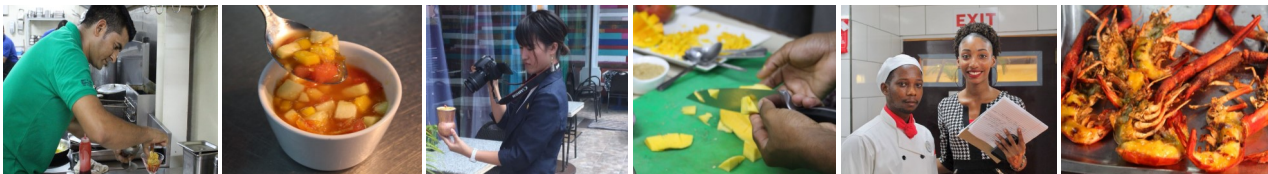
[Stone Field Resort]

Capella

[Marigot Bay Resort]

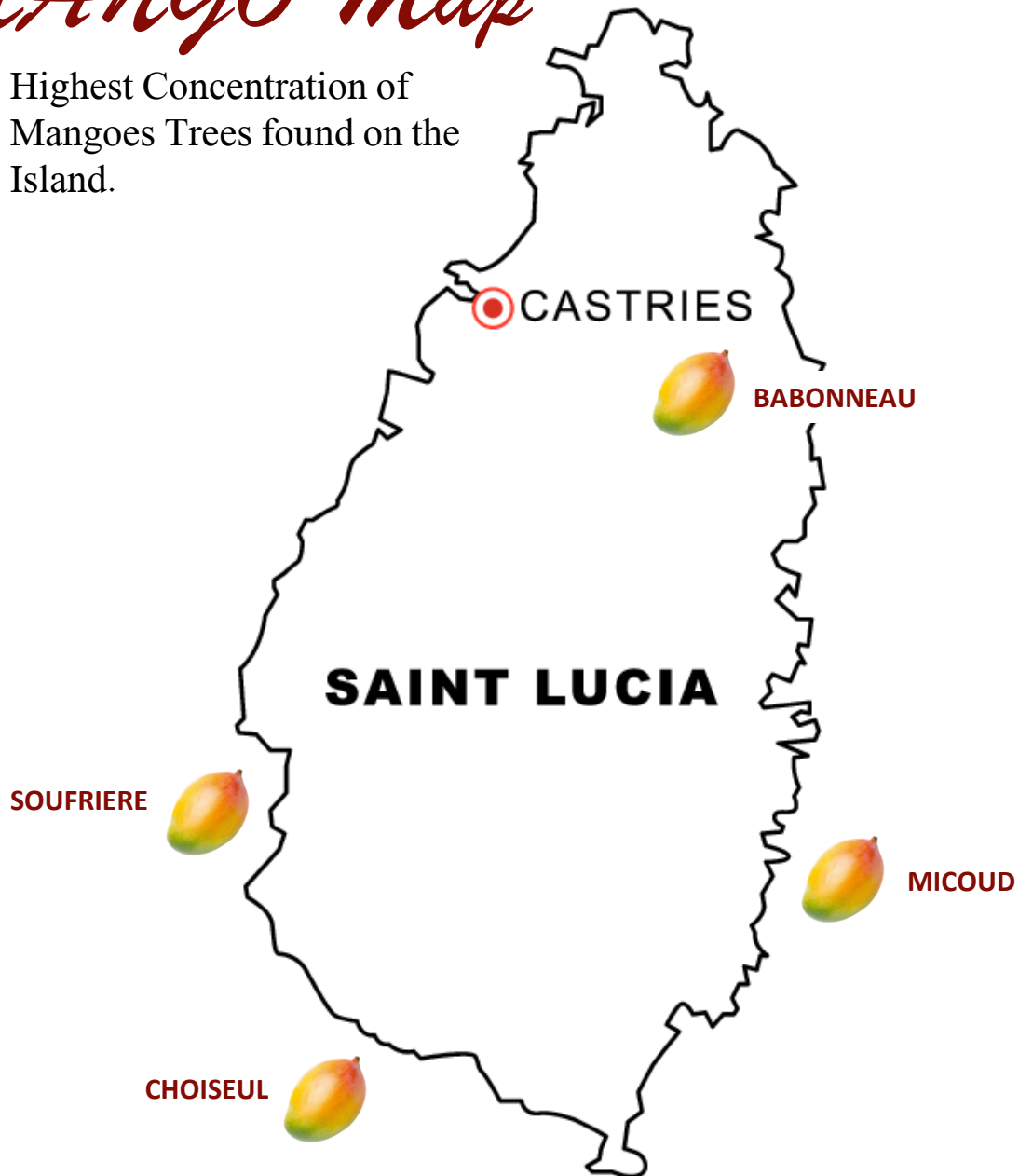
Chic Restaurant

[The Royal]



MANGO Map

Highest Concentration of
Mangoes Trees found on the
Island.



Note: Mangoes can also be found island wide



POPULAR

Varieties of Mangoes

Found in St. Lucia

Mango Julie

Mango Tika

Mango Ostin

Mango Emperial

Mango Glo

Mango Long

Mango Black

Mango Vert

Mango East Indian

Mango Tourne

Mango Tin kwen

Mango Pon

Mango Palwee

Mango Keet

Mango Ble

Mango Graham

Mango Joupa

Mango Davis Hayden

Mango Cane

Mango Willie

Mango Col

Mango Tommy akins

Mango Palma

Mango Alarose

Mango Tifi

Mango Rose

Mango Bleh

Mango Poul

Mango Tincreme

Mango Tet cana

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Appetizers



Chef: Samantha

Pink Papaya

INGREDIENTS

3 ripe mangoes	1 tomato
1 cucumber	1 cup of Orange Juice
1 red bell pepper	2 tsp of lemon
Onion (to taste)	3 tbsps of Olive Oil
Garlic (to taste)	

MANGO GAZPACHO

With Toasted French Bread



DIRECTIONS

In a blender, combine all the ingredients.

Blend for 1-2 minutes.

After mixture is blended, you can add in optional ingredients such as cilantro or mint, and blend for an additional 15 seconds.

Refrigerate mixture for 2 hours.

Serve mango gazpacho with toasted French bread.

Additional: Toast Bread

Sprinkle a little bit of olive oil, salt, and black pepper over sliced bread. Toast until gold brown.



Chef: Ricardo

The Harbour Club



MANGO SUSHI ROLL

With Fresh Tobiko

INGREDIENTS

1 fillet Tuna	1 Nori sheet
1/2 cup Orange Tobiko	Chives (to taste)
1 Ripe Mango	
3 cups of Japanese White Rice (cooked)	
Sesame seeds (to taste)	

DIRECTIONS

Line a rolling mat with plastic wrap starting with the round side and ending with it. Make 2-3 full rounds of wrapping.

Take a nori sheet and cut it down the middle. Wet both hands and make 1 medium size rice ball.

Place the rice ball in the middle of the nori and start spreading the rice, pressing down gently, until evenly spread along the nori sheet. The layer of rice should be 1cm high. Flip the nori over so that the rice is facing the mat and the smooth nori is facing upwards.

Place a long slice of tuna fish on the edge of the nori, then use the closer end of the rolling mat to close the nori around the filling, making a rectangular shaped hill and tighten it from above.

Moving forward, continue rolling in the rectangular hill step, keeping it tight with every move until you reach the end of the nori. Put pressure on the roll from all three sides at all time, especially on stops to allow it to roll tightly. Use a wet sharp knife to cut the roll in to little sushi units (6-8 units). Top each unit with fresh mango slices, tobiko, chives and sesame seeds.



Chef: Vikram

Spice of India



MANGO CURRY

With Indian Spices

INGREDIENTS

3 Ripe Crushed Mangoes	2 tbsp Olive oil
1 tsp Mustard Seeds	2 tsp Turmeric powder
1 tsp Cumin Seeds	1 tsp Brown Coriander seeds
3-5 Bay leaves	1 cup of Vegetable Stock
Onions	Pinch of Salt & Sugar
1/2 tsp Ginger	Fresh Cilantro
	Fresh Mint

DIRECTIONS

In a pan, heat up olive oil and gradually add in mustard seeds, cumin seeds and bay leaves. Sauté the onions along with the heated spices until translucent, then add chopped ginger, turmeric, brown sugar, salt and brown coriander seeds .

Sauté until the spices are cooked.

Add crushed mango pulp, and cook for 15– 20 minutes. Add vegetable stock and allow to simmer for a long period (45 minutes - 1 hour 15 minutes) .

Monitor the curry, and taste regularly to improvise. When the curry is ready, it should be thick enough, that the back of the spoon is fully coated with the sauce.

At this stage add you fresh cilantro & mint.

Serve with cooked mango pulp to thicken the mango curry sauce.



Chef: Vernance

Tapas on the Bay



MANGO PURÉE
With Honey Glazed Shrimp

INGREDIENTS

- | | |
|---|----------------------------------|
| 3 Ripe Mangoes | 2 tbsp Olive oil |
| 1 lb of peeled & deveined Shrimps (tails left on) | Pinch of Salt & Black pepper |
| Onions & Garlic | 1/2 tsp Chilli flakes |
| 4 tbsp Honey | 1/4 tsp Cayenne pepper & Paprika |

DIRECTION

Peel the mangoes. Combine 1/3 of the mango slices, olive oil, salt, black pepper, chilly flakes and cayenne pepper in a blender. Blend ingredients to form a mango purée. Combine the remaining 2/3 of mango slices and 1/2 cup of water into a sauce pan. Bring the ingredients to a boil. Allow it to reduce. Add in honey and stir.

Reduce the heat, and allow mango glaze to simmer. After 2 minutes, remove glaze from heat, and allow it to cool. Blend cooled mango glaze with spices (optional).

Season Shrimps with salt and black pepper. Stir fry shrimps in olive oil. Coat shrimps in mango glaze and serve with fresh veggies and mango purée.



Chef: Desmond Elien

Chic Restaurant

INGREDIENTS

8oz Ripe Mango flesh

1 clove Roasted garlic | 100ml Water

1oz Ripe mango, fine diced | 0.5oz Olive oil ,Red

wine vinegar, Mango juice, fresh tomato, chives,
fine cut (to taste) | 0.25oz Red onion, Cucumber,

Seasoning pepper each (fine diced) | 0.5oz

Marigot Bay Coconut Cream (for garnish)



MANGO CHILLED SOUP

With Coconut Cream

DIRECTION

Puree the 8 oz of mango flesh with the roasted garlic.

Add all other ingredients and mix with a spoon,
season to taste.

Drip the Marigot Bay Cream over the plated chilled soup and serve.

Sides



Chef: Felix

Ti Bananne



MANGO SALAD

With Tropical Veggies

INGREDIENTS

1 Half Ripe Mango	SALAD DRESSING (optional)
1 Carrot	1/4 cup of orange juice
1/4 Cabbage	1/4 cup of mango juice
1/2 Red Bell Pepper	2 tbsp of lime juice
1/2 Green Bell Pepper	1 tbsp brown sugar
1/4 Red Onion	Salt & Black Pepper

DIRECTIONS

Grate the mango and carrot into a mixing bowl. Julienne the cabbage, sweet peppers and onions in thin long strips. Add strips to bowl, and toss.

Salad Dressing

Combine orange, mango and lime juice, brown sugar, salt and black pepper in a blender. Blend well.

Serve mango salad with fresh basil and sprinkle dressing over dish.



Chef: Lloyd Iwoa

Chic Restaurant



INGREDIENTS

- 1 lb Ripe mango
- 2 tbsp Mint Jelly
- 1/2 cup Rice vinegar
- 1/4 cup Vegetable oil
- 1 (each) Shallot, fine diced
- 4-5 Fresh Mint leaf, finely chopped
- Salt, pepper, sugar (to taste)

MANGO MINT DRESSING
With Organic Green and Sweet Potato Crusted Shrimp

DIRECTIONS

Peel the mango and cut the flesh. Puree flesh with some of the vinegar and add in the mint jelly. Add in the rest of the vinegar to the puree and incorporate the oil using a whisk.

Add the shallot and chopped mint leaf. Season with salt, pepper and sugar to taste.

Serve Mango Mint Dressing with Fresh Greens.



Chef: O'Neil Daly

Flavours of the Grill

INGREDIENTS

2 Half Ripe Mangoes	2 tbsp Olive oil
1 red bell pepper	Pinch of Salt & Black pepper
1/3 red onion	
Parsley	
2 Firm Tomatoes	



DIRECTIONS

Peel and finely chop the mangoes. Dice the sweet peppers, red onions, parsley and tomatoes.

In a serving bowl, combine all the chopped ingredient and mix well.

Drizzle 2 tablespoons of olive oil over mixed ingredients and season with salt and black pepper to taste.



Chef: Orlando

Orlando's Restaurant

INGREDIENTS

Green mango peeled and slice (than grill and allow to Cool)	½ red bell pepper, seeded and thinly sliced
½ inch piece of ginger, finely grated	Mix Organic leafs, 1 teaspoon honey
½ teaspoon kosher salt	3 tablespoons freshly squeezed lime juice
¼ teaspoon black pepper	2 tablespoons cinder vinegar
Dash of hot sauce, 3 table spoon Coconut	
¼ cup fresh coconut, lightly toasted	



DIRECTIONS

Slice the mango close from top to bottom close to the pit, yielding four slices.

Toss the mango with the red pepper and leafs in a large bowl. For the dressing combine the lime juice, vinegar, grated ginger, honey, oil, salt and pepper in a small bowl.

Pour the dressing over the mango mixture and toss to combine. allow the flavors to meld.

To serve sprinkle the salad with the coconut, and toss lightly to combine.

Main Dish



Chef: Ricardo

The Harbour Club



APORI MAIH MAIH MANGO

Asian Rice Bowl

INGREDIENTS

1 Ripe mangoes	Jasmine Rice
1/4 cup Salad beans	Flying fish eggs (optional)
1/2 Avocado	Thyme (to taste)
1/4 Cucumber	Sesame seeds (to taste)
Micro greens (to taste)	Salt

DIRECTIONS

In a medium saucepan with a tight-fitting lid, combine 1½ cups water, and ½ teaspoon salt and bring to a boil. Stir once, cover, and reduce heat to low. Simmer for 18 minutes . When rice is cooked, place desired amount at the bottom of your bowl. Cut your mango, avocado and cucumber in thin slices. Torch one side of the Maih Maih lightly. Layer the sliced produce around the bowl. Place maih maih slices in the center of the bowl. Garnish with sesame seeds, thyme and flying fish eggs (optional).

Serve dish with soy sauce.



Chef: Simon William

Chic Restaurant

INGREDIENTS

Ripe mango flesh	4oz
Shallot, fine diced	1tsp
Mango juice	2 oz
Whole grain Dijon mustard	1 tbsp
Butter	2oz
White wine	1oz
Salt & black pepper (to taste)	



MANGO DIJON SAUCE

With Grill Snapper

DIRECTIONS

Finely chop the mango flesh and put in small pot with the shallot. Bring content bring to boil. Add the mango juice, white wine and butter and bring to simmer.

Season with salt and pepper. Whisk in the Dijon mustard – with the whisking the butter (should incorporate with the liquid) to complete your sauce.

Serve Mango Dijon Sauce with mango ash pasta (or plain pasta) and grill snapper.



Chef: Annicka

Pink Papaya

INGREDIENTS

Pizza dough

SAUCE

TOPPINGS

1 half ripe mango

Basil (to taste)

Caramelized onions

1 Garlic Clove

Mozzarella cheese

2 tbsp olive oil

Goat cheese

Salt & Black Pepper

Arugula Leaves

4-6 Tomatoes



DIRECTIONS

SAUCE

In a blender, combine tomatoes, diced garlic, olive oil, fresh basil, salt and black pepper. Blend until it make a smooth pizza sauce. Spread pizza sauce over the pizza dough.

TOPPINGS

For the toppings add mango slices, mozzarella cheese, goat cheese, and caramelized onions.

Bake for 10-15 minutes or until golden brown.

When the pizza is cooked, spread fresh arugula leaves on top.



Chef: Curtis
Ti Bananne



INGREDIENTS

4 Cray Fish	1 Medium Sized Lime (juiced)
1 Ripe Mango (Peeled & Sliced)	2 tbsp of Honey
1 Garlic Clove (diced)	1/4 cup of pineapple juice
1 cup of Butter	
Pinch of Salt	

DIRECTIONS

To prepare crayfish, cut them in half lengthwise and remove vein.
Rinse and dry with paper towel.
In a blender combine mango slices, garlic, butter, lime juice, pineapple juice, pinch of salt and honey. Blend content until smooth.
Spread mango mixture generously over the cut side of each crayfish. Grill crayfish, cut-side up, for 5 minutes. Turn over crayfish and cook for an additional 3-5 minutes or until cooked.

Serve mango glazed crayfish with fresh mango and sweet pepper rice.



Chef: Lwanga Edward

The Mango Tree



INGREDIENTS

- | | |
|--|---------------------------------|
| 2 Ripe Mangoes (sliced) | Pinch of Salt & Black Pepper |
| 1/2 cup of Butter | Fresh Rosemary |
| Fresh King Fish | Fresh cranberries (for garnish) |
| Lime Juice | |
| Local Seasoning
[Celery, Parsley, Thyme,
Chives, Garlic] | |

DIRECTIONS

Clean the fish with lime juice, and season with salt and black pepper. Set aside. In a sauce pan, sauté local seasoning and rosemary in butter.

Combine fresh mango slices in a blender with sautéed seasoning and blend for 15 seconds.

In a pan, add 2 tablespoons of water and heat mango pureé for 3 - 5 minutes. Grill king fish lightly on both sides. When cooked, serve fish with mango sauce and fresh spinach.

Garnish Dish with Fresh Cranberries.



Chef: Billy Boyle

Capella

INGREDIENTS

1 Semi Ripe Mango	1 tsp honey
1 Boneless king fish	Vinegar (to taste)
2 tbsp of Coconut Oil	Fresh herbs (garnish)
1/2 Red Bell Peppers	2 tsp of Red Quinoa
1/2 Green Bell Peppers	
1/4 Red Onion	



MANGO SOUSKAI

With Grill King Fish

DIRECTIONS

Season fish with salt and pepper. Grill kingfish with fresh coconut oil

Rinse the quinoa under cold running water to remove its bitter flavour. Tip into a pan and add double the amount of salted water. Place over a medium heat and bring to the boil. Reduce to a simmer for 10 to 15 minutes, or until tender and the liquid is absorbed. Place cooked quinoa as the base of your dish. Slice your mango, bell peppers and red onion.

Place cooked fish over quinoa, and garnish fish with sliced veg and mango.

Serve with fresh mango pureé and hot pepper sauce.



Chef: Eike Lauff

Chic Restaurant

INGREDIENTS

4 Whole Duck Legs, bone in (each)
(some extra Duckfat or fatty skin if available)
2 tbsp Green seasoning.
Salt, black Pepper (to taste)
3 Fresh Thyme Leaf, fine cut (each)
2 Garlic cloves, chopped (each)
4oz Ripe mango flesh, puree
4oz Dry mango, cut in strips
1/2 Shallot, fine chopped (each)



MANGO DUCK

With Breadfruit Rusty

DIRECTIONS

Marinate the Ducklegs with green seasoning, salt and pepper;
(if extra Duckfat or fatty skin is available, render the fat in a small pot by heating it up slowly before starting to make the Confit).

In a hot skillet sear the ducklegs on the skin side, turn over and add the rendered duckfat along with all other ingredients except the dry mango strips – and place skillet in oven at 225F; cook the duck confit for about 3 and a half to 4 hrs at the same temperature.

Take skillet out and let the duck confit cool down to room temperature; remove the Ducklegs, drain of most of the oil into a bowl and strain the remaining liquid into a small pan to make the sauce; add a couple spoon of water and the dry mango and bring to boil – whisk and let simmer for a few minutes to get a creamy consistency.

(The Duck confit can be kept in the fat for several days) Note: if no extra Duck fat is available one can substitute about ¾ cup of olive oil.



Chef: Orlando

Orlando's Restaurant



MANGO BBQ WINGS

With Fresh Herbs

INGREDIENTS

2 Ripe Mangoes	2 tbsp Olive oil
1 lb of peeled & deveined Shrimps (tails left on)	Pinch of Salt & Black pepper
Onions & Garlic	1/2 tsp Chili flakes
4 tbsp Honey	1/4 tsp Cayenne pepper & Paprika

DIRECTIONS

Heat the oven to 400 F. In a large bowl combine the mango juice with cinnamon, blended seasoning, garlic, ginger, brown sugar, salt and pepper. Add the chicken wings and toss to coat.

On a large baking sheets with wax paper, arrange the wings and bake for 20 minutes. Turn the wings over and cook.

Once the wings are finished, mix the mango jam and the molasses in a bowl then toss chicken wings, then serve with fresh dice mango and chopped herbs.

Condiments



Chef: Coco Tea
Mathews



MANGO SALSA

With Smoked Salmon

INGREDIENTS

2 Half Ripe Mangoes	Sliced Salmon
2 Small Peppers (red & orange)	1/2 Onions
1/2 Red Onion	Chaudenay Wine (to taste)
Paisley	1/4 Cup Cooking Cream
Italian dress (to taste)	Salt & Black Pepper
Pinch of salt	Paisley

DIRECTIONS

Peel and dice your mangoes. Combine diced mangoes, sweet peppers, red onion, paisley and mix. Drizzle Italian dressing over salsa and stir with a pinch of salt.

Salmon Preparation

Season salmon with salt and black pepper to taste. Prepare grill. Sear salmon lightly on the side with skin, to make the skin crispy. Cook fish medium rear. In a pan sauté onions and add chaudenay. Reduce the content down to half and season with salt and pepper. Add in seared Salmon. Drizzle some paisley and add in cream. Allow it to reduce for a few minutes, until the sauce gets thick.

Serve Salmon with fresh mango salsa!



Chef: O'Neil Daly

Flavours of the Grill

INGREDIENTS

- 2 Ripe Mangoes (peeled & diced)
- 1/2 Red Bell Peppers
- 1 1/2 cups brown sugar
- 1 onion (finely chopped)
- 1/4 tsp of ginger
- 1/2 teaspoon of Salt



MANGO CHUTNEY

With Curry Goat

DIRECTIONS

In a sauce pan combine mangoes, red peppers, sugar, onion and ginger. Bring to a boil over high heat.

After 1-2 minutes, reduce heat and boil content with the pan uncovered for 15-20 minutes or until the mixture is thickened, and stir occasionally.

Add in salt and stir for 5 minutes.

Desserts



Chef: Orlando

Orlando's Restaurant

INGREDIENTS

1 cup mango puree	1 1/2 cup of heavy cream or double cream
3 egg yolk	
1 egg	1 tbsp of brown sugar (for topping)
2 tbsp white sugar	
1 1/2 Vanilla Extract	
Pinch of grated ginger	



MANGO CAMBRIDGE BURNT CREAM

With Vanilla Ice-cream

DIRECTIONS

Preheat the oven to 325 F. Place 4 (3 oz) ramekins in a baking dish. Fill the baking tray with water so it reaches halfway up the sides of the ramekins. Mix puree mango together with egg yolks and sugar. In a small saucepan, mix vanilla, ginger and cream. Heat over medium heat until the cream just begins to smoke and a film appears over the top (not allowing the cream to boil). Very slowly, pour the cream into the egg mixture, whisking constantly. Pour the eggs mixture into the ramekins.

Bake until the custards have set, 15 - 20 minutes. Transfer custard to wire rack to cool completely.

Then refrigerate, uncovered, until well cooled (3-4 hours or overnight works well).

Just before serving the burnt cream, sprinkle the top of each ramekin with roughly 1 tsp of brown sugar.

Caramelize the sugar with a blow torch, or preheat your broiler to high and broil for 2-3 minutes.

Cut the side of the Mango, then cut Diamond shape into the flesh with out cutting skin. Sprinkle with brown sugar, cinnamon and a little rum (to taste). Place the mango on a very hot grill until it caramelized or golden brown.



Chef: Vernace

Tapas on the Bay

INGREDIENTS

- 5 Ripe Mangoes (chopped)
- 1/4 cup Sugar
- 1/2 cup of Ice
- 1/4 cup Lime juice
- 1/4 cup of caramelized strawberries (optional)



MANGO SORBET

With Strawberries

DIRECTIONS

Blend chopped mangoes until smooth to form a mango pureé. In a sauce pan, combine lime juice and sugar over medium heat. Stir until the sugar dissolves. Pour syrup from the sauce pan into the mango pureé and mix. Chill the mixture in the refrigerator until cooled, for about 3-5 hours.

Pour the sorbet mixture into an ice-cream maker or freeze in an air tight container for up to 1 week. When serving mango sorbet, let it soften slightly before serving and sprinkle caramelized strawberries on top.

Lemon Mango Upside Down Cake

2 cups ripe mango slices

2 tbsp lemon juice

1 tbsp butter

1/3 cup brown sugar

1/4 cup shortening

1/4 tsp salt

3/4 cup sugar

1 egg

1/2 cup milk

Pour lemon juice over mango and allow to stand for 15 minutes. Melt butter in 8-inch pan (or) casserole. Add brown sugar and cover with a layer of mango slices.

To prepare the cake batter:

Preheat the oven to 375 degrees F.

Cream the shortening

Add the sugar and cream together then add beaten egg.

Sift dry ingredients and add alternatively with milk.

Pour over mangoes and bake for 60 minutes .When the cake is done, turn it out upside down and serve while still warm.

Serve with whipped cream or lemon or lime sauce.





Chef: Lwanga Edward

The Mango Tree

INGREDIENTS

1 cup of diced ripe mango	1 cup of sugar
5 beaten eggs	1 1/2 cups of whipped cream
2 tbsp of Corn Starch	CRUST
1 tsp of Vanilla Essence	crumbled or processed digestive biscuits
1 1/2 lbs of Cream Cheese	1 1/2 cups Melted butter
Piece of fresh Mint	



MANGO CHEESE CAKE

With Fresh Mint

DIRECTIONS

Prepare cheese cake crust by adding melted butter to the digestive biscuit crumble and mix until well combined. Place biscuit mixture in a cake pan, flatten evenly, then refrigerate.

Filling Preparation

Beat Cream Cheese and sugar for 5 minutes in a stand mixer. Add eggs gradually until mixture becomes light and airy. On the slowest setting of the mixer, add corn starch and allow to mix evenly. Turn off mixer, and fold in whipped cream and vanilla essence by hand until well combined. Pour cheese cake mixture over refrigerated crust and bake for 45 minutes at 350° F. After the first 15 minutes, reduce heat to 300° F. Cool cake and top with ripe mangoes and fresh mint. Refrigerate for 24 hours.



Chef: Eliter Miller

Chic Restaurant

INGREDIENTS

2 Ripe Mangoes	2 tbsp Olive oil
1 lb of peeled & deveined Shrimps (tails left on)	Pinch of Salt & Black pepper
Onions & Garlic	1/2 tsp Chili flakes
4 tbsp Honey	1/4 tsp Cayenne pepper & Paprika



MANGO CRÈME BRÛLÉE

With Fresh Kardanom Seed

DIRECTIONS

Heat up the heavy cream with the cardamom seed and bring to boil. Whip the egg yolks with 1 tsp of sugar until fluffy and light in color. Add the mango puree to the egg mix; strain out the cardamom seed from the hot cream and slowly whisk the hot cream into the eggmix.

Pour into ramekins and set into a waterbath (fill the shallow baking dish with enough water to have the ramekins half immersed) and bake the crème (in the waterbath) at 300F for about 30-35 min. Let cool; to serve, sprinkle an even coat of sugar on each ramekin and caramelize the crème with a torch or under the broiler.

Beverages



Mixologist: Fabian

Tapas on the Bay

INGREDIENTS

1 cup mango pureé Fresh mint (optional)
1 cup of white rum
1/4 cup lime juice
1/4 cup sugar
1/4 cup of syrup



MANGO DAIQUIRI

Alcohol Beverage

DIRECTIONS

Combine mango pureé, white rum, lime juice, and sugar with desired ice and blend until evenly mixed.

Pour mixture into a cocktail glass or highball glass and garnish with fresh mint and fruits for extra colour.



Chef: Desmond Elien

Chic Restaurant

INGREDIENTS

- 1 Half Ripe Mango Graham
- 1/2 a head Local lettuce
- 1 cup of Honey
- 2 Kadaman seeds
- 1/4 cup plain yogurt
- 1/2 cup water



MANGO LETTUCE SMOOTHIE

With Fresh Kadaman Seeds

DIRECTIONS

Blend ingredient until evening mixed.

Pour mango smoothie mixture into a glass and garnish with pineapple and cherries on a tooth pick.

Serve chilled.



Chef: Orlando

Orlando's Restaurant

INGREDIENTS

3oz Gin
1/2 oz Dry Vermouth
1/2 oz Green Mango Juice
Dash of Chilled Pepper sauce
Pinch of salt (around the glass)



MANGO DIRTY MARTINI

With Fresh Olives

DIRECTIONS

Combine the mango juice ,gin, vermouth, and olive juice in a cocktail shaker with dash of pepper sauce and stir.

Strain into a chilled martini glass.

Garnish with dice mango ,olives on a toothpick.



Chef: Vikram

Spice of India

INGREDIENTS

- 4 Ripe Mangoes (1 1/4 cup)
- 1/2 cup of plain yogurt
- 1/2 Milk (optional)
- Ice (optional)



MANGO LASSI

Thick Smooth Beverage

DIRECTIONS

Place mangoes, yogurt into a blender for 2 minutes or until the mixture is smooth and thick.

If you are looking for a milk shake like substance, add ice and milk and blend for an additional 1-2 minutes.

Pour mixture into a cup.



Mixologist: Wendy

Pink Papaya

INGREDIENTS

- 1 1/2 cups of ripe mango pureé
- 1 cup of milk (optional)
- Cherries (for garnish)
- 1/2 cup of ice



MANGO SMOOTHIE

Cream Delight

DIRECTIONS

Blend ingredient until evening mixed.

Pour mango smoothie mixture into a glass and garnish with fresh fruit or cherries.

Serve chilled.



Mixologist: Fabian

Tapas on the Bay

INGREDIENTS

3/4 cup Mango Pureé

1/4 white rum

1 fresh lime

Mint leaves

Sprit or Soda



MANGO MOJITO

Alcohol Beverage

DIRECTIONS

First moderately add the sliced lime and mint in the glass.

Add the white rum and lime juice.

Add desired ice.

Add in the mango pureé. Lastly add in the spirit or soda.



Amazing Benefits of Mango

Lower Cholesterol

The high levels of fiber, pectin and vitamin C help to lower serum cholesterol levels, specifically Low-Density Lipoprotein.

Clears the Skin

Can be used both internally and externally for the skin. Mangos clear clogged pores and eliminate pimples.

Increase Eye Health

One cup of sliced mangoes supplies 25 percent of the needed daily value of vitamin A, which promotes good eyesight and prevents night blindness and dry eyes.

Improve Digestion

Papayas are not the only fruit that contain enzymes for breaking down protein. There are several fruits, including mangoes, which have this healthful quality. The fiber in mangoes also helps digestion and elimination

Boost the Immune System

The generous amounts of vitamin C and vitamin A in mangoes, plus 25 different kinds of carotenoids keep your immune system healthy and strong.

Nutrition Fact

Mango contains about 107 calories. It also contains:

Vitamin A is the most prominent nutrition found in mangoes. It also contains vitamin C, E and K, thiamin, riboflavin, niacin, vitamin B6, folate, pantothenic acid and choline.

A single mango contains iron, potassium, calcium, phosphorus, sodium, zinc, copper and selenium. The fruit also contains protein, fiber and carbohydrates.

National Cooking Competition

As part of the OECS iLand Resilience programme funded by the European Union which aims to increase resilience of OECS countries to climate change, an adaptive measure taken is the planting of mango trees on vulnerable slopes and riverbanks.

Because of their deep tap root system mango trees have been found to be good riverbank and slope stabilizers. With this increase in mango trees comes an increase in fruits. Mango is known as a super fruit because it is packed with vitamins and minerals and a healthy source of food for humans and wildlife.

With this in mind to encourage the use of mangoes in our culinary arts a two week long camp with food and nutrition students from twenty two (22) secondary schools was held. These students worked with professional chefs and food and nutrition teachers who mentored them and provided invaluable practical tips from food safety and handling, food preparation and appearance to the setting of dinner tables and the proper use of eating utensils.

They were also taught the various ways of incorporating mango in appetizers, main courses and desserts.

A total of 48 students participated and had a wonderful time touring and cooking in professional kitchens of many of our top hotels on island. Many of the students who are aspiring chefs gained a new perspective.

For some it was a rude awakening to realize the amount of effort it takes to prepare and get a beautiful meal to a diners table.

In the end all the students gained a new found respect for the culinary arts and the vocation of a chef.





What is the Mango Bio-diversity Project all about?

Through the implementation of climate-resilient measures, it is expected that this project will ultimately lead to the rehabilitation of vulnerable watersheds by facilitating slope and riverbank stabilization, while generating sustainable livelihoods and food and nutrition security. Specifically, this project seeks to use mango biodiversity as a climate change adaptation measure,

since the crop has ecosystem and wide-ranging economic benefits.

This project adopts a perspective that looks at managing the capacity of natural ecosystems to cope with and adapt to environmental change. Lessons learnt from past interventions using mangoes in agriculture and forestry has been incorporated into the intervention designs.

In doing so, this project seeks to build on current research and encourage further innovations in agriculture and sustainable land use management (SLM) in order to make vulnerable small island developing states like ours more resilient to the impacts of climate change.

With regard to the public awareness component the task is to develop and implement an awareness activity which will highlight the value of Mango Biodiversity in Saint Lucia towards Diversification, Sustainable Livelihoods, and Land Management, especially in the face of climate change. Hence this recipe book as one of the deliverables.



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