



# Mango

## Recipe Book

2022  
REVAMPED EDITION

*Highlighting Tasty Local & Taiwanese Cuisine, from Popular Restaurants & Personnel*

*Eat Fresh  
Saint Lucia's  
Best*



## FORWARD

### Hon. Alfred Prospere

Ministry of Agriculture, Fisheries, Food Security and Rural Development

The Mango fruit crop can be found throughout the length and breadth of the island on full display and in splendid colours hanging from tree branches and along the roadsides in large quantities, particularly during the typical “mango season”. They are rather popular among nationals and visitors to Saint Lucia due to their sweet tasting flavor and creamy texture. This fruit is also very nutritious and among other things is a good source of magnesium and potassium and is associated with lowering blood pressure, regulating pulse rates and stabilizing the digestive system. Our range of local and exotic mango varieties can assist in meeting food security targets given current challenges faced in securing food from overseas markets including a host of supply chain issues.

The Ministry of Agriculture is a prominent producer of several fruit trees including mangoes. The Ministry continues to assist farmers through the subsidization of various mango plant varieties which can be purchased at the Barthe Propagation Station in Soufriere and at the Union Propagation Station in Castries.

It is a well known fact that the tap root systems of mango trees serve as soil stabilizers in the agro-forestry sub-sector and are also used by hillside farmers to protect their crops from landslides and soil erosion. In addition, they also act as wind breaks/shelterbelts to reduce the impact of strong winds on crops.

Mangoes can be transformed into many dishes and beverages and have the potential to generate greater revenues and employment from value-added production and the further enhancement of the value chain. Notwithstanding the quantities (of the primary product) that are sold at markets, supermarkets and other outlets we continue to see a high degree of wastage during *peak mango season* which results in loss of revenues / revenue foregone. It is therefore imperative that in the quest to diversify the agricultural sector and increase Gross Domestic Product (GDP) greater effort is made to identify avenues to stimulate growth and development. To this end, the Ministry of Agriculture, Fisheries, Food Security and Rural Development has facilitated the commissioning of a recipe book to showcase recipes from local chefs. This book will assist households and individuals in preparing more sumptuous meals using local ingredients especially for the benefit of young children who must be made aware of the significance of eating fresh and nutritious foods from an early age. It will also assist in heightening awareness of the “Buy Local” campaigns of the Ministry of Commerce and the Ministry of Agriculture’s Tag Line: **“Eat Fresh, Saint Lucia’s Best”**.



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**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.**

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## *PREFACE*

**H.E Peter Chia-yen Chen**

Ambassador of the Republic of China  
(Taiwan) to Saint Lucia

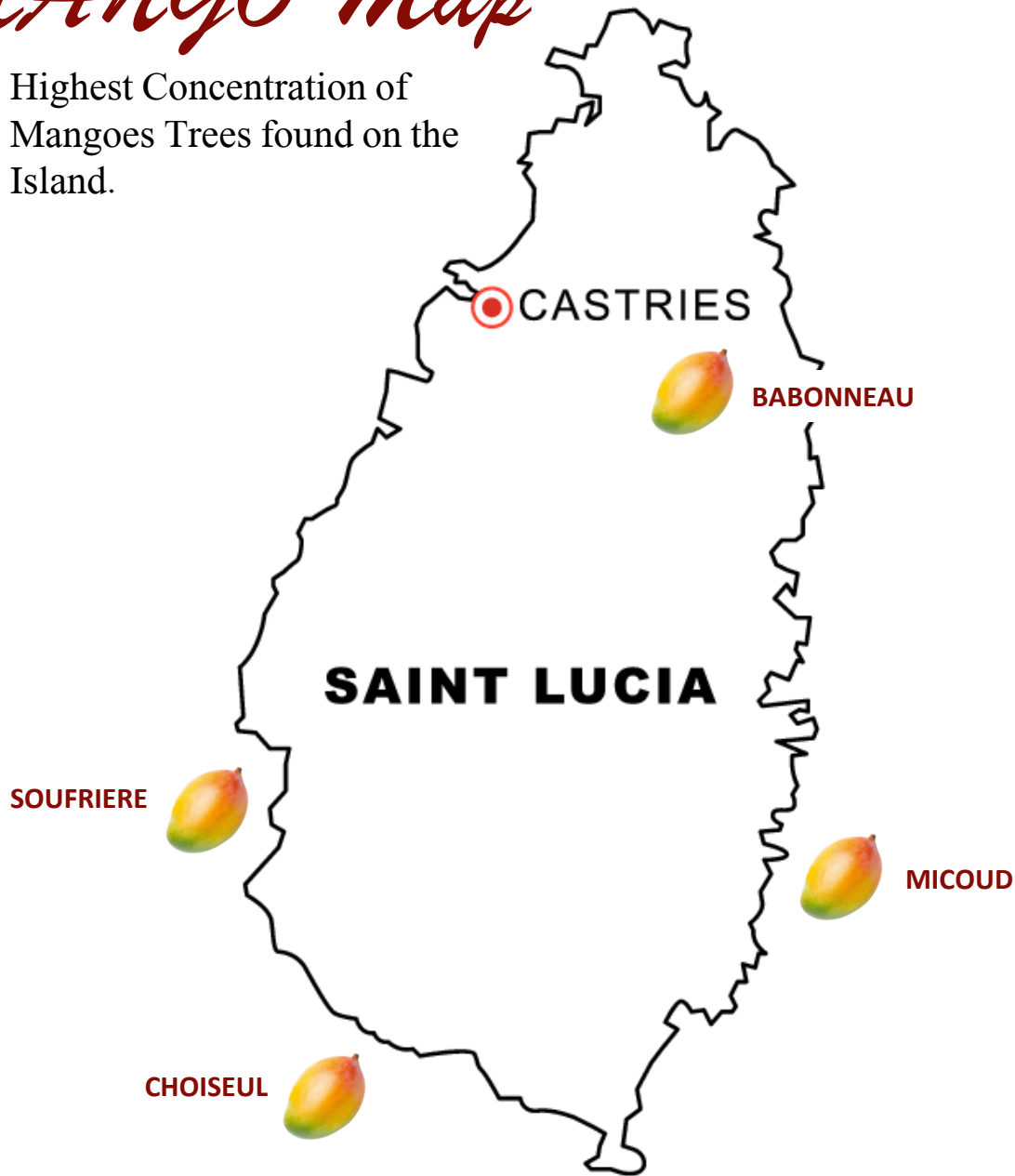
It is in my honour to introduce this Mango Recipe Book which provides the people a wide range of recipes to choose from on how to prepare dishes and beverages using mangoes. First of all, I would like to thank the Ministry of Agriculture for their tremendous support on many bilateral cooperation projects in collaboration with Taiwan over the years. The mango recipe book is one of the examples demonstrating our continued cooperation and friendship that have resulted in fruitful outcomes for the agricultural sector in Saint Lucia. In Taiwan, mangoes are very popular with over 30 varieties, including Irwin Mango, Jinhuang Mango, Keitt Mango, Xixue Mango, Yuwen Mango, Guifei Mango and Hong-long Mango. The Irwin Mango, also called Apple Mango, is the most popular and one of the sweetest varieties in Taiwan. This was why we introduced this variety to Saint Lucia. I am aware that there are various varieties of mangoes in Saint Lucia.

In Taiwan, many agri-products are produced from mangoes, including meals, dessert and shelf-stable products with ideal nutritional and quality attributes. Taiwan is willing to share our expertise and diverse by products of mango with Saint Lucians and exchange more creative ideas on mango recipes. As we have done for many years, Taiwan has partnered with Saint Lucia to strengthen local agricultural capacity during our project to enhance the efficiency of production and supply chain of the fruit and vegetable sectors. As we are progressing to the second phase of the project, Taiwan will continue to work with Saint Lucia to boost food security, support local farmers and contribute to the local economy.

**Eat fresh, Saint Lucia's best! Bon Appetite!**

# 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 **SAINT LUCIA**

Mango Julie

Mango Tika

Mango Tin

Mango Emperial

Mango Glo

Mango Long

Mango Black

Mango Vert

Mango East Indian

Mango Tourne

Mango Tin kwen

Mango Pond

Mango Palwee

Mango Keet

Mango Jabal

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 Mang

Mango Poul

Mango Tincreme

Mango Tet cana

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# Appetizers







**Chef: Samantha**

## *PINK PAPAÇA*

### 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 tbsp of Olive Oil



## **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: William Munn**

*Sir Arthur Lewis  
Community College*

## INGREDIENTS

### Samosa Dough

- 2 cup Flour
- 1 tsp Salt
- 1 tsp Carom seeds (ajwain)
- 4 tsp Ghee or melted butter

150 ml water (approx.)

### Samosa Filling

- 2 tsp Ghee or butter
- 2 tsp garlic, minced
- 2 tsp Ginger, minced
- 1 tsp Cumin seeds
- 2 tsp Green chili, minced
- 1 cup Onion, diced
- 1 tsp Nigella seeds (kalonji)
- 1 tsp Chili powder
- 1 tsp Coriander power
- 1 tsp Salt
- 1 tsp Black pepper
- 1 tsp Lemon juice



## FRESH SAMOSAS

*With Mango Chutney*

## DIRECTIONS

### Dough

Mix to form a dough, knead till smooth. Cover and rest 30 min. Divide into 15. Shape into balls. Roll each ball into thin circles (3-4 inch) and cut in half. Arrange each half so the cut edge is away from you. Fold right corner toward you so half the cut edge comes to center of the semi-circle. Moisten (with water) the other half of the cut edge and fold it so it slightly overlaps the first. Press gently. This creates a flat cone. Lift each one and open the top of the cone. Put filling inside leaving some space to close the top. Moisten inside top of cone and pleat or pinch to close and seal. Fold sealed edge and invert so the samosa stands

Mix stands on the sealed edge. You will need enough oil to deep fry the samosas (at least 2 inches deep). Fry twice. First fry 350 f. For 4 or 5 minutes. Second fry 375 f till golden brown and crisp. Serve with mango chutney.

### **Samosa Filling**

Heat ghee or butter add other ingredients and cook till onion starts to brown. 600g Potato, boiled, peeled and diced 4 tbsp. Cilantro, chopped. Add potato and cilantro to the other mixture, combine, taste and adjust. Cool down before filling samosas.

### **Mango Chutney**

Combine 8 cups mango, 4 cups brown sugar, 2 cups raisins, 2 cups diced onions, 6 cups vinegar, 2 tbsp. salt, 4 tbsp. mince ginger, 1 tbsp. curry powder and 1 chili minced (or hot pepper) in a sauce pot, bring to a boil, reduce to simmer gently. Cook till mango is soft and the chutney becomes thick and a syrup-like consistency. About 60-90 minutes. Let cool. Store in refrigerator.



**Chef: Ricardo**

*HARBOR CLUB*

### 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)	



## MANGO SUSHI ROLL

*With Fresh Tobiko and Sesame Seeds*

### 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 times, especially on top to allow it to roll tightly. Use a wet 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 then serve.



**Chef: Felix**

*CREOLE GRILL*

### INGREDIENTS

1 Half Ripe Mango	<b>SALAD DRESSING</b> (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



## **MANGO SALAD**

*With Tropical Veggies*

### **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: Vikram**

## *SPICE OF INDIA*

### INGREDIENTS

3 Ripe Crushed Mangoes	2 tbsp Olive oil
1 tsp Mustard Seeds	2 tsp Tumeric 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



## **MANGO CURRY** *With Indian Spices*

### 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: Lloyd Iwoa**

*MYSTIC ROYAL*

### 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 Greens and Sweet Potato 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: Vernance**

*LIL CHEF*

## 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 Chili flakes
4 tbsp Honey	1/4 tsp Cayenne pepper & Paprika



# MANGO SHRIMP PUREE

*With Fresh Honey and Cherry Tomatoes*

## DIRECTIONS

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**

*MYSTIC ROYAL*

### 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 Curry*

### DIRECTIONS

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.



**Chef: O'Neil Daly**

*Flavours of the Grill*

### INGREDIENTS

2 Half Ripe Mangoes

1 red bell pepper

1/3 red onion

Parsley

2 Firm Tomatoes

2 tbsp Olive oil

Pinch of Salt & Black pepper



## FRESH MANGO SALSA

*With Fresh Herbs*

### 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*

### 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 leaves, 1 tea- spoon 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	



## MANGO TROPICAL SALAD

*With Dry Coconut*

### DIRECTIONS

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

Toss the mango with the red pepper and leaves 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 Course





**Chef: Simon William**

*MYSTIC ROYAL*

### 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 DUJON SAUCE

*With Juicy Grill Snapper*

### DIRECTIONS

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

Season with salt and pepper. Whisk in the Dijon mustard, and incorporate the butter to complete your sauce.

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



**Mrs. Debbie Huang**  
*Spouse of Taiwan  
Ambassador*

#### INGREDIENTS

Beef Tenderloin 300g  
Half Red bell Pepper  
Half Mango  
Garlic 3 cloves

#### Basic Dark Marinade

Soy sauce 1 tsp.  
White Rum 1/2 tsp.  
Water 1/2 tsp.  
Potato Starch 1/2 tsp.  
Vegetable Oil 1 tsp.

#### Cooking Sauce

Soy sauce 1 tsp.  
White Rum 1 tsp.  
Potato Starch 1 tsp.



Prep time: 45 min  
/ Serve: 3-4

## SAUTEED BEEF TENDERLOIN

*With Fresh Mango*

#### DIRECTIONS

Mix Basic Dark Marinade ingredients in a small bowl. Mix cooking sauce ingredients in another small bowl. Cut beef against the grain of the meat into thick strips. Marinate the beef with Basic Dark Marinade for 30 minutes. Shred Red Pepper. Cut Mango into thick strips and garlic into slices. Place 2 tablespoons of vegetable oil and beef in a heated pan; sauté over high heat until the beef is 60% cooked. Transfer the beef into small bowl. Add shredded red pepper and sliced garlic into the same heated pan and stir for 1 minute. Add beef and cooking sauce and sauté until aromatic, approx. 1 minute. Lastly add mango strips and quickly stir for 30 seconds. Serve immediately.



**Chef: Ricardo**

**HARBOR CLUB**

### 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



## APORI MAIH MAIH MANGO

*Fresh Asian Rice Bowl*

### DIRECTIONS

In a medium saucepan with a tight-fitting lid, combine 1½ cups water, and ½ teaspoon salt, and rice. 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 with Soy Sauce.**



**Chef: Curan John**  
*Sir Arthur Lewis  
Community College*

## INGREDIENTS

### Bread Rolls

2 ½ dozen pieces at 1 oz. portions  
(28 grams)  
3 oz. milk

2 tbsp + ¼ tsp. sugar  
1 ½ tsp. salt  
1 tbsp. + ¼ tsp. yeast  
1 oz. (2 tbsp) oil  
5 cups flour – sifted  
9 oz. (1 cup + 2 Tbsp.) warm  
water

### Pickled mango

5 mangoes half ripe but firm  
1 sliced onion  
2 oz ginger  
2 bay leaf  
1 cinnamon stick  
1 cup vinegar  
1 cup water  
1/2 cup sugar



# MANGO SHREDDED CHICKEN

*Slider with Pickled Mango*

### Mango barbeque glaze

3 cups ripe mango puree  
2 cups ketchup  
1 cup sugar  
½ cup mustard  
3 tbsp. gravy browning  
1 tbsp. minced ginger  
1 cup finely diced onion  
10 minced seasoning peppers  
1/2 bunch minced thyme  
leaves  
3 tbsp. veg oil

### Mango glazed shredded chicken

2 tbsp. Cajun seasoning  
3 tbsp. black pepper  
3 tbsp. salt  
**Marinade for chicken**  
2 onions  
6 garlic cloves  
1 pkt fresh thyme (pull leaves from  
stems)  
10 seasoning peppers  
1 pkt chives  
1/4 cup veg oil



## DIRECTIONS

### Bread Rolls

Sponge yeast, salt, and sugar together with warm water. Add in milk and oil. Use flour to form a soft smooth dough (add half at first then add in small increments to make the dough, soft but not sticky or tacky). You might not need to use all the flour! Let dough rise, knock down and portion out, then shape, let rise and bake at °450 degrees for 10 to 15 minutes.

### Pickled Mango

In a saucepan add pickling ingredients (vinegar, water, sugar, bay leaf, cinnamon stick, ginger and bring to a boil and stir. Peel and slice mango into strips. Slice onion into strips. Once completed pour hot pickling liquid over mango and onions and cover. Once pickled mango has cooled down, put in jars, and refrigerate

### Mango Barbeque Glaze

Sautee onions, garlic, ginger, thyme, and seasoning peppers with veg oil. Add all wet ingredients and sugar to sautéed herbs. Simmer and add salt and pepper to taste

### Mango Glazed Shredded Chicken

Rub chicken with salt, black pepper, and Cajun seasoning. Blend marinade ingredients with veg oil. Add to 6 whole chicken legs. Marinate 2 hours, pan fry till golden then bake in 350f oven till very tender. Shred the meat with two forks.

### Assembling the Sliders

Mix the shredded chicken with enough glaze to moisten. Place on bottom half of bread roll, add mango pickle and top half of roll. Alternately, mango pickle can be served on the side as a condiment.



**Chef: Lwanga Edward**

*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]	



## MANGO GRILL FISH

*With Fresh Cranberries*

### 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: Annicka**

*PINK PAPAÇA*



## **MANGO PIZZA**

*With Fresh Arugula*

### **INGREDIENTS**

Pizza dough

#### **SAUCE**

TOPPINGS

Basil (to taste)

1 half ripe mango

1 Garlic Clove

Caramelized onions

2 tbsp olive oil

Mozzarella cheese

Salt & Black Pepper

Goat cheese

4-6 Tomatoes

Arugula Leaves

### **DIRECTIONS**

#### **Sauce**

In a blender, combine tomatoes, diced garlic, olive oil, fresh basil, salt and black pepper. Blend until it forms 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**

## *CREOLE GRILL*

### 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	



## **MANGO GLAZED CRAYFISH** *With Fresh Arugula*

### 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: 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 Grilled 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.**



**Mrs. Debbie Huang**  
*Spouse of Taiwan  
Ambassador*

#### INGREDIENTS

10 Prawns (around 300g)  
1 Mango  
**Basic light Marinade**  
Salt 1/2 teaspoon

White Rum 1 teaspoon  
Egg White 1/2

Potato Starch 1 tablespoon

#### **Mango Mayonnaise**

Mayonnaise 2 tablespoon  
Mango puree 2 tablespoon  
Lemon Juice 1/2 teaspoon



## **TAIWANESE FRIED PRAWNS** *With Mango Mayonnaise*

#### **DIRECTIONS**

Mix Basic light Marinade ingredients in a small bowl. Shell prawns, cut back open and devein. Pat them dry with paper towels and marinate prawns with basic light marinade for 15 minutes. Peeled mango and cut 2/3 mango into cubes. Puree the other 1/3 mango with a blender. Mix mango puree, mayonnaise and lemon juice well in a small bowl as mango mayonnaise.

Deep fry prawns in 190 degrees oil until golden brown, approx. 2 minutes. Transfer prawns onto paper towels to absorb excessive oil. Heat a pan. Spoon 1 teaspoon of cooking oil in the pan; place in mango mayonnaise sauce and sauté for 30 seconds. Add the fried prawns; stir quickly and shake the pan until each prawn is coated with mayonnaise.



**Chef: Eike Lauff**

*MYSTIC ROYAL*

## 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)



## SEARED 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 duck  
fat 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*

### INGREDIENTS

3 clove of garlic, minced	1 tsp cinnamon grated
1/4 tsp molasses	Seasoning mix to taste [ onions, celery, parsley, peppers garlic and salt ]
1 tbsp brown sugar	1 grated fresh ginger
1 1/2 tsp salt	
1/2 tsp fresh ground black pepper	



## BBQ MANGO WINGS

*With Fresh Herb Garnish*

### 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 for 5 - 10 minutes.

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





**Chef: Coco Tea**

*MATHEWS*

### INGREDIENTS

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



## SMOKED MANGO SALMON

*With Mango Salsa*

### DIRECTIONS

Peel and dice your mangoes. Combine diced mangoes, sweet peppers, red onion, parsley 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 rare. In a pan sauté onions and gradually add in chardonnay to taste. Reduce the content down to half and season with salt and pepper. Add in seared Salmon. Drizzle some parsley and add in the cooking cream. Allow it to reduce for a few minutes, until the sauce gets thick. Assemble and serve.



**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 & Beet Rice*

### 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 contents 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.

Allow to cool, and served with curried goat & beet rice



# Desserts





**Chef: Caroline Munn**

*Sir Arthur Lewis  
Community College*



# MANGO MACARONS

*Bite Size Cookies*

## INGREDIENTS

### Macarons

2/3 cup sliced blanched almonds  
(71 grams)  
1 cup confectioners' sugar  
(117 grams)

2 large egg whites, room  
temperature  
1/4 cup granulated sugar  
(53 grams)  
1/4 cup mango puree (strained)  
Red, yellow and/or orange food  
colourings

### Mango Filling

4 Tablespoons flour  
4 Tablespoons cornstarch  
3/4 cup mango puree  
1 cup sugar  
1 1/4 cup water

### Italian Meringue Buttercream

13 ounces granulated sugar (approximately 1 1/2 cups)  
6 Tablespoons water  
5 large egg whites  
1-pound unsalted butter cubed and at room temperature – very soft but not melted.  
1 tablespoon pure vanilla extract  
1/2 cup mango puree (strained) (make sure puree is at room temperature when adding to  
finished buttercream)

### Royal Icing

2 egg whites  
2 tsp. lemon juice  
3 cups icing sugar (sifted)

## DIRECTIONS

**Yield: Makes roughly 26 cookies (13 sandwiched) depending on the size you pipe**

Set oven to 300 degrees. Place almonds in a food processor; process until as fine as possible, about 1 minute. Add confectioners' sugar; process until combined, about 1 minute. Pass almond mixture through a fine-mesh sieve. Transfer solids in sieve to food processor; grind and sift again, pressing down on clumps. Repeat until less than 2 tablespoons of solids remains in sieve. Whisk egg whites and granulated sugar by hand to combine. Beat on medium speed (4 on a Kitchen Aid) 2 minutes. Increase speed to medium - high (6) and beat 2 minutes. Then beat on high (8) 2 minutes more. The beaten egg whites will hold stiff, glossy peaks when you lift the whisk out of the bowl. Add flavoring and food coloring, if desired, and beat on highest speed 30 seconds. Add dry ingredients all at once. Fold with a spatula from bottom of bowl upward, then press flat side of spatula firmly through middle of mixture. Repeat just until batter flows like lava, 35 to 40 complete strokes. Rest a pastry bag fitted with a round piping tip inside a glass. Transfer batter to bag; secure top. With piping tip 1/2 inch above sheet, pipe batter into a 3/4-inch round, then swirl tip off to one side. Repeat, spacing rounds 1 inch apart. Tap sheets firmly against counter 2 or 3 times to release air bubbles. Bake 1 sheet at a time, rotating halfway through, until risen and just set, 13- 15 minutes. Let cool. Pipe or spread filling on flat sides of half of cookies; top with remaining half. Wrap in plastic and refrigerate.

### Italian Meringue Buttercream

Place the sugar, water in a medium-sized saucepan (do not stir). Cover and turn the heat to high. Once the liquid begins to simmer and steam develops, remove the cover (this helps prevent crystallization). Using a digital or candy thermometer, cook the sugar to the soft boil stage, 235-245 degrees F. While the sugar is cooking, whisk the eggs on high in a stand mixer fitted with the whisk attachment, until a soft peak has formed. Turn the mixer speed down to medium-low and very slowly pour the syrup down the side of the bowl into the egg whites (this will "cook" the egg whites, making them safe to consume. Don't pour the hot syrup directly into the meringue or you'll have scrambled egg whites. Once the syrup is completely incorporated, turn the speed to high. The meringue will continue to form a stiff peak as it cools down. Mix on high until the meringue comes to room temperature, approximately 10-15 minutes. Once at room temperature, slowly begin incorporating the soft butter on medium speed. Once all of the butter has been added, turn the mixer speed up to medium-high and slowly add the vanilla. Add mango puree and any colouring you might want, stir it in.

### Royal Icing

Beat whites till foamy add in icing sugar, beat till thick and fluffy, add colouring adjust thickness for piping with a little water if necessary. Keep covered with clear wrap.

### Assembling the Macarons

Gather all your tops and pipe your royal icing on them in a decorative manner. Let dry. Gather the bottoms and pipe the buttercream in a ring on the bottom cookie, (leaving a hole or empty center for the mango filling). Place a small spoon of the mango filling in the center of the buttercream ring. Place the top cookie on and press slightly



**Mrs. Debbie Huang**  
*Spouse of Taiwan  
Ambassador*

#### INGREDIENTS

2 Mangoes  
Sugar 50g  
Milk 500 ml  
Unflavored gelatin 13g



Prep time: 5 hours 30 minutes  
Serve: 7-8 dessert cups

## MANGO PANNA COTTA

*With Fresh Mint*

#### DIRECTIONS

Place 500 ml milk in a sauce pan.  
Mix sugar and gelatin well, then add into milk and stir well.  
Cook over low heat and keep stirring until sugar and gelatin are dissolved.  
Strain the milk mixture through a sieve to get rid of the bubbles.  
Pour the mixture into the dessert cups. Store the cups in the fridge for 3 hours or until the mixture is solid. Unpeel mangoes and cut one mango into cubes. Puree the other one mango with a blender.  
Pour the mango puree into the dessert cups and put few mango cubes on it.  
Store the cups in the fridge again for 2 hours then serve.



**Chef: Orlando**

*ORLANDO'S*

### INGREDIENTS

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



## MANGO 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 egg 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 caramelizes and turns golden brown.



**Chef: Vernace**

*LIL CHEF*

## INGREDIENTS

- 5 Ripe Mangoes (chopped)
- 1/4 cup Sugar
- 1/2 cup of ice
- 1/4 cup Lime juice
- 1/4 cup of caramelized straw berries (optional)



## MANGO SORBET

*With Vanilla Ice-cream*

## 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**

## *MANGO TREE*



# **MANGO CHEESE CAKE**

*With Fresh Mint*

### **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	<b>CRUST</b>
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	

### **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**

*MYSTIC ROYAL*

### 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 Mint*

### 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 egg mix.

Pour into ramekins and set into a water bath (fill the shallow baking dish with enough water to have the ramekins half immersed) and bake the crème (in the water bath) 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





**Chef: Ellon Thomas**

*Sir Arthur Lewis  
Community College*

#### INGREDIENTS

Mango juice 3 oz

Grenadine syrup 1/2 oz

Amerretto 1 oz

Bounty rum white 1 1/2 oz



#### DIRECTIONS

In a cocktail glass, combine all the ingredients. Stir all ingredients slowly.

After mixture is blended, you can add in optional ingredients such as marinated mango, mint and cinnamon for garnish.

Serve cold or with ice.



Mixologist: Fabian

*LIL CHEF*

### 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 FLAMINGO

*Cocktail with Mango and Fresh Mint*

### 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**

*MYSTIC ROYAL*

### 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 ingredients until evenly mixed.

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

Serve chilled.



**Chef: Orlando**

*ORLANDO'S*

### 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 diced 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

*Creamy Delight*

### DIRECTIONS

Blend ingredients until evening mixed.

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

Serve chilled.



Mixologist: Fabian

*LIL CHEF*

### INGREDIENTS

3/4 cup Mango Pureé    Fresh mint (optional)  
1/4 white rum  
1 fresh lime  
Mint leaves  
Sprit or Soda



## MANGO MOJITO

*Alcoholic 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. Mangoes 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 found in mangoes also aid digestion.

## **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.

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## **Nutrition Fact**

1 cup of mango contains about 100 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.







**Composed, Designed & Edited by:**

*Kendra Payne*

**Agricultural Officer**

Marketing Unit | Department of Agriculture, Fisheries, Natural Resources and Cooperatives.

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For more information contact:  
Marketing Unit of the Ministry of Agriculture,  
Fisheries, Food Security and Rural Development  
4th Floor | Sir Stanislaus James Building  
Waterfront, CASTRIES  
Telephone Number: 468-4165 (or) 468-4166

