

# Ways To Use MANGOS

1/50  
6/6/60

University of Hawaii Cooperative Extension Service. Circular 461.

**Kathryn J. Orr, Foods and Nutrition Specialist**

Mangos make a valuable addition to our diets. They are an excellent source of vitamins A and C and they provide thiamine along with fruit sugar. Mangos contain more vitamin C in the green stage than in the half-ripe stage, and more in the half-ripe stage than in the full-ripe stage.

Mangos are seasonal tropical fruit. They usually begin to ripen in April and are available until September or October.

Many varieties of mangos are grown in Hawaii. In general, the mango is 2 to 4 inches wide and 3 to 7 inches long. The skin is smooth and thick. As the fruit ripens, it turns to yellow-green or yellow-orange, often with splashes of brilliant crimson or dark red.

The flesh may be a light lemon color, shading to rich apricot. The flavor varies with different varieties, but the better varieties have a rich, aromatic flavor. In some varieties, the fibers cling to the seed, making slicing and serving difficult. The most prized are less fibrous, with flesh that separates easily from the hairy seed.

Here are some suggested ways of using mangos:

## **Breakfast Fruit**

1. Wash and chill ripe mangos. Peel and slice. Serve plain or with lime juice.
2. Place chilled slices on dry breakfast cereals.
3. Green mango sauce may be served plain or with cereals.

## **Fruit Cocktails**

1. Dice mangos with papaya, citrus fruit and serve with a sprig of mint.
2. Slice mangos, pineapple, or banana and add citrus juice.
3. Serve diced mangos, papaya, pineapple, and lychee nuts with sprig of mint.

## Salad

Mangos blend well with other fruits. They look attractive when sliced in salads. You may top them with mayonnaise or fruit salad dressing and serve on a crisp lettuce leaf.

## Hawaiian Fruit Cup

Combine pineapple, papaya, banana, mango and citrus-fruit juice. Cut in bite sizes, mix and chill. Sprinkle with freshly grated coconut, garnish with a teaspoon of guava jelly. Place in serving dish or individual glass dishes and serve.

## Mango Upside-down Cake

2 cups sliced ripe mangos	¼ teaspoon salt
2 tablespoons lemon or lime juice	¾ cup sugar
1 tablespoon margarine	1 egg
1/3 cup brown sugar	½ cup milk
¼ cup shortening	1¼ cups flour
	2 teaspoons baking powder

Add lemon or lime juice to sliced mangos. Melt margarine in 8-inch cake pan; add brown sugar. Place sliced mangos over margarine and brown sugar.

*\*Cake Mixture:* Cream shortening and sugar thoroughly. Add well-beaten egg. Sift dry ingredients and add alternately with milk. Pour batter over mangos. Bake about 1 hour at 375 F. When cake is done, remove from oven and turn upside down. Serve warm.

*\*Yellow cake ready-mix* may be used. Follow directions on package.

## CANNING MANGOS

### Mango Slices

Select firm-ripe or half-ripe mangos that are not fibrous. Peel and slice in large slices. Save remaining pulp for sauce. Prepare a medium syrup by adding 1 cup of sugar to 1 cup of water. Heat, and stir until sugar is dissolved and syrup begins to boil.

Add mango slices to the hot syrup and cook for about 10 minutes. Pack in hot, sterilized jars and cover with boiling syrup to within ½ inch of the top of the jar. Seal and process 15 to 20 minutes in water bath (water should come 1 to 2 inches over the top of the jar).

### Mango Jam

12 cups half-ripe or ripe  
mango slices

4 cups water  
6 cups sugar

Add water to mango slices and cook about 15 minutes or until tender. Press the mixture through a sieve, add sugar, and boil until thick and of proper consistency for a jam. Pour into hot, sterilized jars and seal with paraffin.

### Mango Butter

12 cups peeled, half-ripe  
mango slices  
3 cups water  
6 cups sugar

½ teaspoon ground cloves  
½ teaspoon ground allspice  
1 teaspoon ground cinnamon  
1 teaspoon ground nutmeg

Add water to mangos and cook until soft enough to mash. Press through a sieve if mangos are stringy. Add sugar and spices. Cook slowly for 45 minutes or until thick. Stir frequently to prevent burning. Pour into hot sterilized glasses and seal with paraffin.

### Mango Chutney

2 cups vinegar  
5½ cups sugar  
10 cups green mango slices\*  
1 teaspoon salt  
½ cup chopped green ginger root  
1 clove garlic, chopped fine

4 red peppers (chili) with  
seeds removed  
3 cups seedless raisins  
1 large onion, sliced  
½ cup fresh orange peel  
2/3 cup blanched chopped  
almonds (if desired)

Boil vinegar and sugar about 5 minutes. Add sliced mangos and other ingredients. Mix all ingredients and boil slowly, stirring frequently until thick (about ½ hour). Place in sterilized jars and seal tightly.

\*Common or Chinese varieties only. NEVER use green Pirie, Hayden or types usually eaten ripe as they are too starchy in green stage.

### FREEZING RIPE MANGOS

Ripe mangos may be frozen as cheeks or slices. Puree of ripe mango makes an excellent product for use in ice cream and other desserts or for use as a sauce.

Hawaii-grown mangos best suited for freezing are Wootten, Fairchild, Pirie, Hansen, Ono, Joe Welch, and Hotoke. Varieties suitable for freezing may not be the same as those considered good fresh varieties. Most people have strong individual preferences for different varieties of mangos.

Freezing does not improve the quality of fruit. If the fresh fruit has a smooth, slippery texture, the frozen fruit will have the same texture; if its flesh is coarse and stringy, it will be coarse and stringy after freezing.

The initial color of mangos is well retained in each variety during freezing storage, regardless of the method of packing. The fruit retains its color even if allowed to stand exposed to the air after thawing.

Select mangos that are fully ripe but firm. If it is necessary to complete the ripening process after they are picked, cover them and place them in a relatively cool, dark place.

Mangos frozen without added sugar will acquire off-flavors. Ripe mangos may be packed with either dry sugar or sugar syrup. Mangos vary greatly in their natural sugar content, and the amount of sugar or concentration of syrup to be used for freezing must be varied.

*Dry Sugar Pack.* Place mango slices in a mixing bowl and sprinkle with sugar in the proportion of 1 part sugar to 8 to 10 parts of fruit by weight, according to the sweetness of the fruit and the family's taste. Allow slices to stand a few minutes until the sugar is dissolved. Mix gently and transfer slices to packages; then add sufficient juice to cover the fruit. Very juicy mangos may have enough juice to cover the pieces. Seal package and label, giving the name of the product and the date of packaging.

*Preparation.* Wash the mangos and peel by pulling thick skin from the flesh, or pare them, cutting deep enough to remove all tough portions. If the outer portion contains green strings, the fruit tends to acquire off-flavors even when frozen in sugar or syrup. Discard the stem end, as it is usually more fibrous and less ripe and may acquire an off-flavor. Cut off the cheeks of each mango, leave whole or cut them into the desired shape and size. Do not slice off the flesh near the seed as it usually is quite fibrous.

*Syrup Pack.* Make syrup by dissolving sugar in boiling water. Bring to a

full, rolling boil to dissolve thoroughly, and cook before using. The most satisfactory proportion of sugar to water in freezing mangos is a 35 percent concentration, which is made using 1 1/3 cups of sugar to 2 cups of water. Place the cold syrup in the carton and slice the mangos directly into it, leaving about 1/2-inch head space. Seal and label.

Fruits that tend to float can be kept below the surface of the syrup by placing a piece of crushed waxed paper on top before the cover is put in place. Frozen mango cheeks or slices are best as sauce but they also make excellent pie, cobbler, and upside-down cake. They may also be used to make jam and butter.

---

Freezing containers should be:

1. Vaporproof to prevent loss of moisture, aroma, and flavor, and entrance of air, odors, and flavors. They should have a tight closing or seal.

2. Waterproof, with a shape and seal to prevent leakage.

3. Easy and efficient to fill or wrap, to seal, to label, and to empty or unwrap.

4. Space-saving in the freezer. Sturdy plastic cartons, waxed pasteboard cartons or glass jars have proved satisfactory for frozen fruits.

---

### **Ripe Mango Sauce**

Ripe mangos may be made into a sauce in which the shape of the slices is retained, and then frozen. Add sliced mangos to a boiling syrup made with 1 cup sugar to 2 cups water. Cook 10 to 15 minutes or until the edges become transparent. One tablespoon of lemon juice per pint may be added if desired to improve flavor. Package and freeze.

### **Ripe Mango Puree**

Puree may be made from whole mangos. Peel off the fibrous portions, and scrape the pulp from the seeds. Press pulp through a sieve to remove stringy portions. Add sugar in the proportion of 1 part dry sugar to 8 to 10 parts of fruit by weight. To maintain flavor, add 1/2 teaspoon crystalline ascorbic acid (or a 100-mg vitamin C tablet) to the mixture. Package, leaving about 1-inch head space, and label. To protect the surface of the puree from the air, cover with a piece of cellophane cut to fit, before adjusting cover. When syrup or sugar is used to cover the surface of the puree, it dilutes the puree. Frozen mango puree makes an excellent sherbet.

### Mango Milk Sherbet (2 quarts)

1 to 1½ cups sugar	1/3 cup lemon juice
¾ cup water	3 cups fresh, reconstituted
3 cups frozen ripe mango puree, slightly defrosted	evaporated, or reconstituted dry milk

Bring the sugar and water to the boiling point. Cool the syrup and add the mangos and lemon juice. Add this mixture slowly to the milk, stirring constantly. Freeze in an ice cream freezer; or freeze in refrigerator trays to a mush, turn into a chilled bowl and beat with a cold beater. Return to trays and freeze firm.

### FREEZING GREEN MANGOS

Green mangos of any variety that makes a smooth, nonstarchy sauce for fresh use may also be used for freezing. Do not use green mangos that are starchy or tend to acquire a jelly-like consistency upon standing. Use only fruit that makes a smooth sauce of the consistency of good applesauce. Freezing the cooked sauce is more efficient and less time-consuming than canning it. The enzymes have been inactivated, and the sugar can be well blended with the fruit.

The vitamin C in green mangos is unusually stable. No appreciable amount is lost during cooking by any of the recommended methods, in pureeing, chilling, freezer storage, or in thawing.

Frozen green mango sauce may be used in the same ways as fresh mango sauce. It is excellent served as a dessert sauce, breakfast fruit, as a sauce on puddings, in sherbets or ice creams, or with meat.

Always add sugar to the sauce, varying the quantity according to the ripeness and the tartness of the mangos. Otherwise it tends to develop a bitter taste during freezer storage and thawing. The sauce should always be pureed before freezing because any fibrous portions that are left are very stringy.

Sauce that is pureed before the sugar is added tends to be thinner and more watery than that pureed after the sugar has been added. It also requires more handling.

### Green Mango Sauce

4 cups mango slices  
(1½ pounds)

1½ cups water  
½ cup sugar

Wash the mangos and pare them. Cut thin slices from each cheek of the fruit and then from the sides; then slices require a shorter cooking time than do thick slices.

Place the mangos and water in a heavy saucepan; the lower part of the pressure saucepan with an ordinary lid does very well. If you use a heavy-bottomed pan, the sauce will require less stirring. A large pan is more satisfactory than a small one because mango sauce spatters during cooking.

Cook the mango slices in the water until they are tender, about 15 minutes. Stir in the sugar and bring the mixture to a full boil. Puree the sauce. Chill quickly, package, and freeze.

Green mango sauce has many uses. A favorite is green mango ice cream pie.

### Green Mango Pie (6 servings)

3 cups pared mango slices  
1 to 1½ cups sugar  
1 to 2 tablespoons water

1 to 2 tablespoons flour  
if mangos are juicy  
2 tablespoons butter or margarine

Line a pie pan with pastry. The pan may be a paper pie plate with metal rim, a pyrex, aluminum, or enamel pie plate. Put a layer of mango slices in the pastry shell, sprinkle with lemon juice, then with sugar and flour, dot with butter or margarine and cover with another layer of fruit, sprinkle with lemon juice, then with sugar and flour, and dot with butter or margarine. Cover with pastry; seal the upper and lower crusts together well. Do not cut any openings in the upper crust. Place in freezer overnight. Wrap in cellophane, seal, and insert in stockinette. Return to the freezer.

To serve, remove pie from freezer, take from wrappings, and place at once into a 450 F oven. As soon as the upper crust is thawed (about 5 minutes), cut slits in it to permit the escape of steam during baking. At the end of 15 minutes, lower the oven temperature to 375 F and continue baking until the crust is a delicate brown and the mangos are tender (above 40 minutes).

### Green Mango Sauce Ice Cream Pie (8 small servings)

1 pint vanilla ice cream	½ cup whipped cream
1½ to 2 cups partially frozen green mango puree	½ teaspoon cinnamon

Line an 8- or 9-inch aluminum foil pie tin with soft vanilla ice cream. Place in freezer until firm. Then fill with slightly thawed green mango sauce as pie filling, decorate with whipped cream as an all-over or criss-cross topping; sprinkle with cinnamon and return to freezer. When solidly frozen, cut into pie-shaped pieces and serve for dessert.

### Mango Bread

*Mango bread* is made with 2½ cups of diced mangos. Marinate diced mangos with 1 tablespoon of lemon juice (about ½ of a lemon).

Sift 2 cups of flour, 1½ teaspoons cinnamon, 1½ teaspoon baking soda, ½ teaspoon salt and 1¼ cups sugar together. Add ¼ cup nuts and ½ cup raisins.

Beat 3 eggs and add ¾ cup vegetable oil and the diced mangos. Stir the mango mixture quickly and lightly into the dry ingredients. Pour the batter into 2 greased loaf pans, (8½ x 4½ inches), dusted with flour.

Bake at 325 F for about 45 minutes to an hour.

Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, and Director and Dean Noel P. Kefford, College of Tropical Agriculture and Human Resources, University of Hawaii at Manoa, Honolulu, Hawaii 96822. An Equal Opportunity Employer providing programs and services to the Citizens of Hawaii without regard to race, color, national origin or sex.

CIRCULAR 461-Reprinted