

Chef Allen's Celebrates Mango Madness



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Chef Allen's Mango Martini

From The Great Mango Book
by Allen Susser

At Chef Allen's, July is Mango Madness month. We start by macerating hundreds of pounds of mangos in gallons of vodka, so we can put them up for the winter. We never want to let go of those bright, summer flavors. Use ripe mangos that have the sweet aroma of the tropics.

Serves 4 Ice cubes
1 cup Mango Vodka (recipe follows)
2 twists of lime zest

Put the ice cubes in a shaker glass. Pour the vodka over the ice cubes and shake well. Strain into 2 well-chilled Martini glasses. Garnish each drink with a lime twist.

Mango Vodka: Peel 3 ripe mangos, cut the flesh from the pit, and cut into large dice. Put the mangos in a clean 1 quart mason jar. Add 2 cups vodka and seal the jar. Let sit in a cool, dark place for 2 to 3 days before using. Store leftover vodka up to 5 days. Makes 2 cups.

Mangos with Sticky Rice

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This Southeast Asian dish is finished with coconut rum, fusing it with the flavors of the Caribbean. Sticky rice, also called sweet or glutinous rice, is available in Asian markets.

Serves 6

- 1 1/2 cups sticky rice
- 1 cup canned coconut milk
- 2 tablespoons sugar
- 1/2 teaspoon fine seasalt
- 3 large, ripe mangos, peeled and cut from the pit
- 2 tablespoons coconut rum

Place the rice in a sieve and rinse under cold water until the water runs clear. Place the rice in a bowl, cover with water and let soak for at least 4 hours and up to 12 hours. Drain the rice and place in a covered steamer over medium low heat for 50 minutes or until rice is cooked. Transfer the rice to a large bowl and fluff it with a fork.

In a medium bowl, combine the coconut milk, sugar, and salt. Stir until the sugar dissolves. Add and mix in the stillwarm cooked rice and let sit for 30 minutes. Cut each piece of mango into lengthwise slices. Mound the rice in the center each dessert plate and arrange the slices of mango around it. Pour the coconut rum over the rice and serve.

Mango and Avocado Salad

From The Great Mango Book
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This beautiful composed salad is drizzled with hot, sweet, and sour Southeast Asian sauce. It makes a refreshing dish for a Sunday brunch. Serves 4

1 large European (hothouse) cucumber,
peeled, sliced lengthwise, seeded, and cut into
1/4-inch crosswise slices
1 cup cherry tomatoes, halved
1/2 cup cooked green beans, finely sliced
1/2 cup bean sprouts
1/3 cup rice vinegar

2 tablespoons freshly squeezed lime juice
2 red Thai chiles, seeded and minced
2 teaspoons sugar
1 small ripe mango peeled, cut from the pit, and sliced
1 avocado, peeled, pitted, and sliced
1/4 cup fresh mint, cut into julienne

In a medium bowl, toss the cucumber, tomatoes, beans, and bean sprouts together. Cover and refrigerate for at least 1 hour, or up to 4 hours. In a small bowl, combine the vinegar, lime juice, chiles, and sugar. Stir until the sugar dissolves.

To serve, arrange the salad mixture, avocado, and mango slices on 4 salad plates. Drizzle with the dressing and garnish with the mint.

Mango Cobbler

From The Great Mango Book
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Here's an exotic, tropical version of the cobblers of my youth. Both Irwin and Edward mangos are good choices for this cobbler, but any ripe mangos can be used. Serve with a scoop of vanilla ice cream.

Serves 6

4 large ripe mangos, peeled, cut from the pit, and sliced

1 teaspoon ground ginger

1 teaspoon ground cinnamon

1/2 cup freshly squeezed orange juice

1 cup unbleached all-purpose flour

1 tablespoon sugar

1/4 teaspoon fine sea salt

1 1/2 teaspoons baking powder

3 tablespoons unsalted butter, at room temperature

1/2 cup milk

1/4 cup confectioners' sugar

Preheat the oven to 350°. In a 9-inch baking dish, combine the mangos, ginger, cinnamon, and orange juice. Toss together to coat. To make the topping: In a small bowl, combine the flour, sugar, salt, and baking powder. Stir to blend. Add the butter and mix until incorporated to a sandy consistency. Stir in the milk just until smooth. Dollop this topping onto the mango mixture, spreading to cover most of the top. Bake for 25 minutes, or golden brown. Dust with confectioners' sugar and serve warm.

Mango Frappé

From The Great Mango Book
by Allen Susser

There are many refreshing iced mango drinks from around the world, from the Indian lassi to the Latin batido to the frappé. Here's my version of this adult mango milkshake.

Serves 2 1 large ripe mango, peeled, cut from the pit, and chopped
1 cup milk
1 tablespoon honey
2 tablespoons Grand Marnier liqueur
1 teaspoon freshly squeezed lime juice
1/4 teaspoon vanilla extract
1 cup vanilla ice cream

Put the mango in a covered container and freeze for at least 1 hour or up to 3 weeks. In a blender, combine the mango, milk, honey, Grand Marnier, lime juice, and vanilla. Puree until smooth. Add the ice cream and blend again until smooth. Serve in chilled glasses.

Mango Jam

From The Great Mango Book
by Allen Susser

There must be dozens of mango jam recipes in South Florida. This simple one brings out the natural goodness of the mango. I like to use the Ataulfo mango because of its pleasant balance of acidity and sweetness, but any ripe mango can be used.

Makes 8 cups

- 6 pounds ripe mangos, peeled, cut from the pit, and chopped
- 4 cups water
- 1 vanilla bean, split lengthwise
- 6 cups sugar
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground allspice
- 1 teaspoon minced orange zest

In a large pot, combine the mangos, water, and vanilla bean. Bring to a boil and cook for 10 to 12 minutes, or until soft enough to mash. Remove the vanilla bean. Press the mango mixture through a medium-mesh sieve or food mill and return to the pot. Add the sugar, cloves, allspice, and orange zest. Gently bring to a boil, stirring frequently to prevent burnig, and simmer gently for about 45 minutes, or until thickened. Pour into hot, sterilized jars and seal each jar with an airtight cover. Store in the refrigerator for 2 to 3 months.

Mango Souscaille with Prosciutto

This finger food is derived from an old Martinique recipe. The Creole translation of souscaille means "under the house" and mango souscaille, "a drunken or marinated mango." Use for a refreshing appetizer or accompaniment for cocktails. Serves 4

1 large mature green mango, peeled and cut from the pit
1/3 cup cold water
1 clove garlic, crushed
1/4 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper
1/2 Scotch Bonnet chile, minced, or serrano chile
Juice of 1 key lime
4 slices prosciutto
2 sprigs tarragon

Cut the mango into 1/2-inch-thick slices and place them in bowl. In another bowl, mix the water, garlic, salt, pepper, chile, and lime juice together and pour them over the mangos. Cover and refrigerate for at least 30 minutes or, preferably, for 24 hours.

Cut the slices of prosciutto in half lengthwise and place them on a work surface. Place 1 slice of mango and 1 tarragon leaf on each piece and roll up into a cylinder. Serve at once.

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by Allen Susser**

Quick Ripe-Mango Chutney

From The Great Mango Book
by Allen Susser

Our American palate is more accustomed to the combination of sweet with heat, as in this chutney. The mango tends to melt into the mixture. This would be wonderful served with roast pork or even fried chicken.

Makes 4 cups

2 cups packed brown sugar

2 cups cider vinegar

3 onions, chopped

3 cloves garlic, minced

2 tablespoons minced fresh ginger

2 tablespoons kosher salt

1 small red Scotch Bonnet chile, seeded and minced, or serrano chile

4 large ripe mangos, peeled, cut from the pit, and cut into 1-inch cubes

1/2 cup freshly squeezed lime juice

1 cup raisins

In a large saucepan, combine the sugar and vinegar. Bring to a boil over medium-high heat, stirring to dissolve the sugar. Add the onions, garlic, ginger, chile, and salt. Return to a boil, then decrease the heat and simmer, uncovered, for 15 minutes. Add the mangos, lime juice and raisins. Cook for another 10 minutes, or until the mixture reaches the consistency of marmalade. Spoon the chutney into hot, sterilized jars and seal each jar with an airtight cover. Refrigerate for at least 24 hours before using. The chutney will keep, refrigerated, for 3 to 4 weeks.

Thai Steak and Mango Salad

From The Great Mango Book
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Textures play a predominant role in this salad, which combines crisp, green mango and tender steak.

Serves 4

3 cloves garlic, minced

10 sprigs cilantro, stemmed (reserve stems)

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

3 tablespoons peanut oil

12 ounces sirloin steak, trimmed of fat

Inner leaves from 1 small Bibb lettuce, washed and dried

1 small, firm, ripe mango, peeled, cut from the pit, and diced

4 large green onions, including light green parts, diced

Dressing

2 tablespoons Thai fish sauce

2 tablespoons freshly squeezed lime juice

1 tablespoon soy sauce

2 teaspoons minced, fresh red Thai or jalapeño chili

2 teaspoons packed brown sugar

In a food processor, combine the garlic, cilantro stems, salt, pepper, and 2 tbps of oil. Pulse to make a smooth paste. Spread on both sides of the steak. In a large, skillet, cook the steak 3 to 4 minutes on each side for medium rare. Remove from the pan and let cool. Cut the steak into thin strips. Divide the lettuce leaves among 4 plates and arrange the mango, cucumber, green onions, and strips on top. Dressing : In a small bowl, combine the ingredients and stir until the sugar is dissolved. Serve: drizzle salad with dressing and scatter the reserved cilantro leaves over the top.