



ingredient: MANGOES

# *Magnificent* Mangoes!



Mangoes are one of our favorite year-round treats. We went to Antigua to see how some the island's best chefs make the most of this delicious fruit.

TEXT AND PHOTOS BY MARYLOU CROWLEY





## MANGO AND PINEAPPLE CHUTNEY

**Chef de Cuisine Gregory Williams,  
Sugar Ridge Hotel**

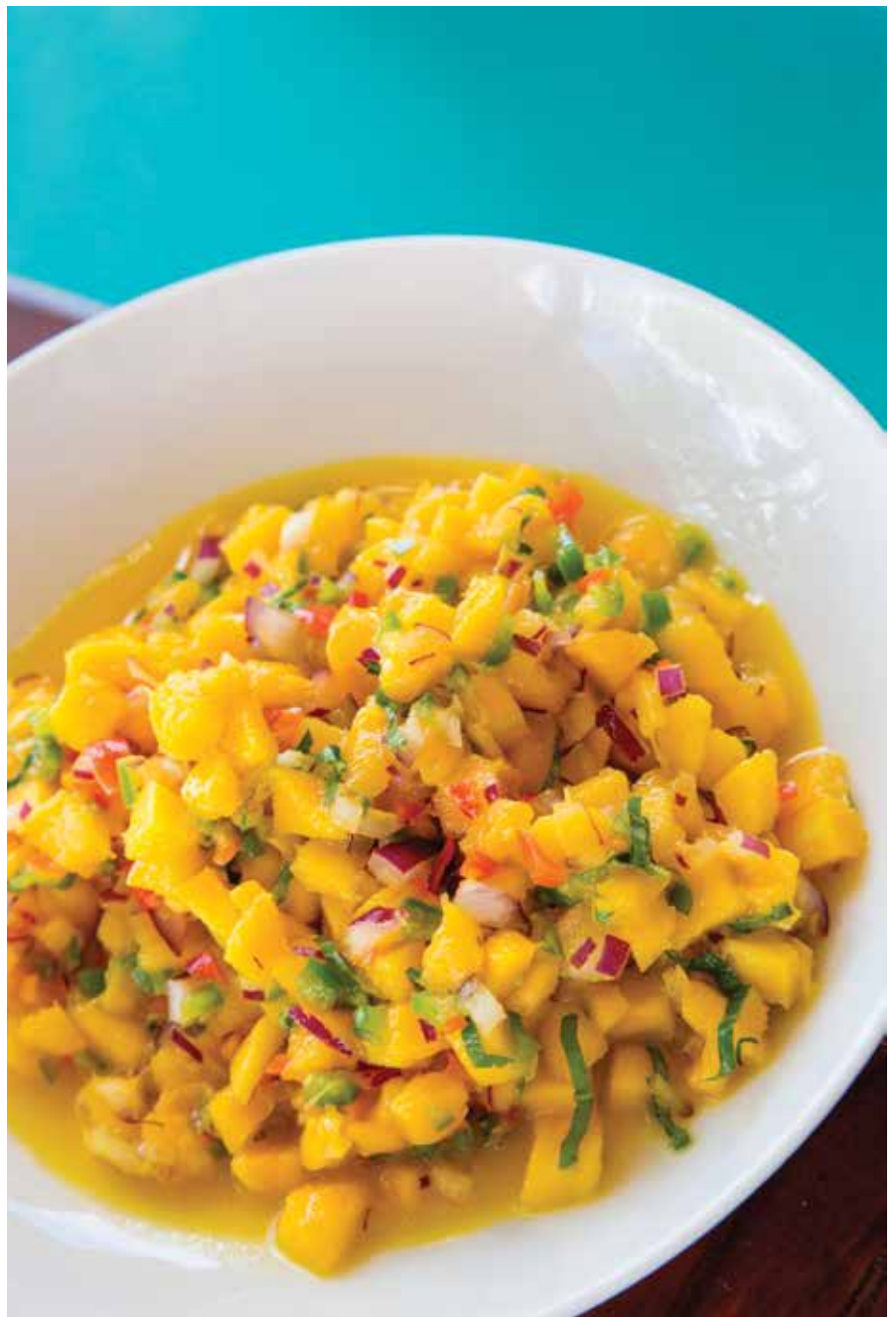
[www.sugarridgeantigua.com](http://www.sugarridgeantigua.com)

This popular condiment is so much better when homemade with fresh mangoes!. For spicy mango chutney, add crushed red pepper flakes while the chutney is still warm.

MAKES 6 CUPS

- 4 cups fresh mango, cut into 1/4 inch cubes
- 4 cups fresh pineapple, cut into 1/4 inch cubes
- 2 tablespoons lemon zest
- 1 1/2 cups sugar
- 2 cinnamon sticks
- 1 tablespoon ginger, finely chopped
- 1/2 cup raisins
- 1/2 cup red wine vinegar

1. In a medium saucepan on medium heat, combine sugar, vinegar and lemon zest. Bring to a boil.
2. Add remaining ingredients. Simmer until a syrup is formed. Stir occasionally until mixture thickens. Remove from the heat and allow to cool. Remove cinnamon sticks. Transfer to storage jars, refrigerate and use within one week.





## MANGO SALSA

Nicole's Table Cooking School

[www.nicolestable.com](http://www.nicolestable.com)

Nicole Arthurton, the proprietor of the island's best cooking school in her gorgeous home overlooking the Shekerry Mountains, makes this salsa to serve with jerk chicken.

MAKES 1 CUP

- $\frac{3}{4}$  cup fresh mango, finely diced
- $\frac{1}{4}$  cup red onion, finely chopped
- $2\frac{1}{2}$  teaspoons fresh lime juice
- 1 jalapeno pepper, finely diced
- $\frac{1}{2}$  cup cilantro, coarsely chopped

1. In a medium bowl, combine mango, onion, jalapeno and lime juice. Toss to combine. Add cilantro.
2. Cover; let flavors combine for one to three hours. Serve at room temperature.

## MANGO AND PINEAPPLE TART

Chef de Cuisine Gregory Williams,  
Sugar Ridge Hotel

SERVES 4 TO 6

For tart

Line an 8-inch removable-bottom tart pan with your favorite tart dough. Line with

Intermezzo



parchment paper and pie weights. Bake at  $375^{\circ}$  for 12 to 15 minutes until fully cooked and golden brown. Remove pie weights and parchment paper and set aside to cool.

For filling

- 1 cup fresh mango, cut into  $\frac{1}{4}$  inch dice
- 1 cup fresh pineapple, cut into  $\frac{1}{4}$  inch dice
- $\frac{1}{2}$  cup sugar

1. In a saucepan over low heat, combine mango, pineapple and sugar; simmer gently. Cook until sugar dissolves, liquid evapo-

rates and fruits caramelize.

2. Remove from heat and cool to room temperature.
3. Fill tart shell with fruit mixture. Chill before cutting into wedges for serving.

## MANGO GAZPACHO

Sugar Ridge Hotel

SERVES 6

- 1 cup vegetable oil
- 6 cilantro leaves





## TROPICAL DUCK SALAD

**Chef Naomi Thomas,**  
**from Ana's on the Beach**

[www.anas.ag](http://www.anas.ag)

SERVES 1 TO 2

For the duck

- 2 6 ounce duck breasts
- 1 teaspoon minced garlic
- Salt
- Freshly ground black pepper
- 2 teaspoons olive oil

For the salad

- 2 cups red lettuce
- <sup>1</sup>/<sub>2</sub> cup arugula
- 3 ounces fresh pineapple, cut into small dice
- 1 red pepper, roasted and cut into slices
- 4 leaves fresh basil
- 6 cherry tomatoes

For the dressing

- 4 teaspoons fresh lemon juice
- <sup>1</sup>/<sub>4</sub> teaspoon minced fresh ginger
- 4 teaspoons extra-virgin olive oil
- Salt
- Freshly ground black pepper
- Mango slices, for garnish

1. Prepare duck. Season duck with salt and pepper on both sides. Spread minced garlic on the meat side. In a large skillet on medium high heat, pan sear, skin side down, until

- 3 cups fresh mango, chopped
- <sup>1</sup>/<sub>2</sub> cup celery
- 1 tablespoon fresh lemon juice
- <sup>1</sup>/<sub>4</sub> cup cilantro
- <sup>1</sup>/<sub>2</sub> cup water
- Salt
- Freshly ground black pepper
- Honey

1. Prepare garnish. Heat oil to 350°F in small pan. Fry cilantro leaves until crisp

- (about 1 minute). Remove from oil and drain on paper towel.
- 2. Prepare gazpacho. Place celery, cilantro and water in blender; puree. Add 2<sup>1</sup>/<sub>2</sub> cups of chopped mango to the puree and blend. Strain mixture into a medium bowl. Add lemon juice, salt, pepper and honey to taste. Coarsely chop remaining mango and add to the mixture. Chill for at least 20 minutes before serving.
- 3. Serve garnished with fried cilantro.



fat has rendered and skin is golden brown. Flip over and cook for another 5 minutes.

2. Prepare dressing. In a large bowl, combine ingredients for salad dressing. Add lettuce, arugula, pineapple, roasted peppers and basil. Toss to combine.

3. Slice each duck breast into 6 pieces. Place a mound of salad on each plate, place duck on top of the salad. Garnish with mango slices.

Intermezzo

## RED SNAPPER WITH MANGO MASHED POTATOES

**Chef Naomi Thomas,**  
from *Ana's on the Beach*

SERVES 2

For mango mashed potatoes

- 2 medium Yukon gold potatoes
- 2 tablespoons unsalted butter

- $\frac{1}{3}$  cup heavy cream
- 2 tablespoons chopped mango
- Salt
- Freshly ground black pepper

For salad and snapper

- 2 cups baby spinach
- 1 large beet, roasted and peeled
- 4 teaspoons extra-virgin olive oil
- 1 small mango, sliced





- 2 6 ounce red snapper filets
- 1 teaspoon minced fresh ginger
- Pinch Cajun seasoning
- 1 pineapple ring, grilled
- Salt
- Freshly ground black pepper

1. Peel potatoes; boil potato until soft; drain. Add butter, heavy cream, mango, salt and pepper. Mash; cover, set aside and keep warm.
2. Prepare snapper. Preheat oven to 350°F. Season snapper with Cajun seasoning, salt and pepper. In a skillet, heat 2 teaspoons olive oil. Place snapper in pan, skin side down and cook until skin is golden brown. Flip to other side; place skillet in oven for 10 minutes.
3. Prepare warm salad. In another skillet, sauté spinach, pineapple and garlic in a pan with olive oil until soft. Season with salt and pepper to taste.
4. To plate, place a mound of mango mashed potatoes on plate. Place snapper on top and surround with spinach mixture. Garnish plate with slices of beet and mango.

### MANGO CRÈME BRÛLÉE

*Sheer Rocks Restaurant's Head Chef Simon Christey-French serves this mango crème brûlée with homemade mango sorbet and mango salsa.*

[www.sheer-rocks.com](http://www.sheer-rocks.com)

SERVES 6

- 5 large egg yolks
- $\frac{1}{3}$  cup granulated sugar
- $\frac{1}{8}$  teaspoon salt
- 1 vanilla bean, halved lengthwise
- 2 cups heavy cream
- $1\frac{1}{2}$  cups diced fresh mango

1. Preheat oven to 325°F.
2. In a large bowl, whisk together yolks, granulated sugar, and salt until well combined.
3. In a 2-quart saucepan, heat cream on low heat. Using tip of a knife, scrape seeds from vanilla bean and add to cream, then add vanilla pod. Heat over moderate heat until hot, but not boiling. Remove vanilla pod and add cream to egg mixture in a slow stream, whisking until combined.



4. Prepare 6 ramekins. Spoon  $\frac{1}{4}$  cup mango, finely diced, into each ramekin.
5. Pour custard through a fine-mesh sieve into a bowl with pouring spout, then pour over mango.
6. Place ramekins into a 10 x 13-inch metal pan; place in the oven. Using a kettle, pour boiling water around ramekins to a depth of  $\frac{3}{4}$  inch. Bake until custards are just set, 35 to 40 minutes. Using tongs, transfer ramekins to a rack to cool. Refrigerate, uncovered, for 4 hours before serving.

### Mango Sorbet

- 5 cups peeled, diced mango
- $\frac{1}{4}$  cup water
- $\frac{3}{4}$  cup sugar
- 1 teaspoon lime juice
- $\frac{1}{2}$  teaspoon kosher salt, or to taste

1. In a blender, place mango and water; blend on high until very smooth, about 30 seconds.
2. Pour through a fine mesh strainer into a large measuring cup, pushing purée through strainer with a spoon, until you have 3 cups of purée.
3. Transfer purée to a large bowl; whisk in sugar until well dissolved. Whisk in lime juice and salt. Refrigerate purée 2 to 3 hours.
4. Transfer mixture to ice cream maker and process according to manufacturer's directions. Transfer sorbet to airtight container and freeze for at least 4 hours before serving.

