

Chunky Mango Medley



What does one do when the market abounds with a seasonal produce?

I love to experiment with different fruits and vegetables and try out as many recipes I can, especially when they are one of my favourite fruits - the juicy ripe mangoes.

I can't imagine anybody not loving a mango, being able to resist its sweetness; I've never known anybody say "no" to mangoes. There's something alluring and exotic and magical about a sunset yellow-with-hints-oforange slice of mango that you just want to sink your teeth into. And there's no better way to eat a mango than with your bare hands. Sure, it can be a little messy, as sweet, sticky juice dribbles down your chin, but you can always clean up afterwards; eating a mango with your fingers means you get the very best out of it.

When in Delhi, approaching summers meant an anxious wait to witness the sight and smells of mangoes in the vegetable markets, and however expensive and "not sweet" they might be, it was mandatory to buy, to savour the incredible flavours; there are about 12 varieties of mangoes in India, the most popular and sought after being the "Alphonso".

Unlike in Dar, mangoes are seen only during the peak of summer in India. So there are only a few months of bliss for us mango lovers. It is traditional in



the North of India for ladies to purchase at least 5 kg of raw mango and make sun dried pickle, which, is then distributed amongst family and friends and stored in ceramic jars to last the year. It is a treat for the taste buds with spices such as mustard, fennel, onion seeds and chilies. Oooohhh I am salivating just thinking of the combined tastes of salted parathas with mango pickle and yoghurt!!!

But Northern India is a far cry from me here in Dar es Salaam, so I'm going to share with you an alternative option so that you can make the most of the plentiful mangoes in the market. Make your own juice. Sure, it's takes a bit of effort if you don't have a juicer, but it's totally worth it to have pure, smooth mango juice which you know if absolutely free of additives. I stopped buying store bought juice a long time ago and now my family insist on my home made variety.



Preperation Time – 5 minutes

Cooling Time – 1 hour Serves – 8 servings

Ingredients

- 1. 1 kg mango + 2 separately
- 2. ¼ cup toffee syrup
- 3. 1 tspn cardamom powder
 - . Cherries to garnish

Method

Peel a kilo of mango and using a juicer, make juice. If you don't have a juicer use a blender adding some water and strain the juice out.

Now stir in the syrup and the cardamom powder and enough water to make the right consistency and chill in the refrigerator for at least an hour enabling the flavours to blend.

There is no need to add sugar, but if taste demands it, add caster sugar as needed.

Before serving, chop the rest of the mangoes into small cubes and stir individually into glasses.

Garnish with a cherry on top.

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