



Agricultural and Processed Food Products
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The Mango Recipe Book



Mango and Spinach Salad

Ingredients

- Fresh baby spinach - 2 cups
- Peeled and sliced mango - 1
- Cashew halves - 1/4 cup

For the Dressing

- Olive oil - 2 tablespoons
- Juiced limes - 2
- Honey - 2 tablespoons
- Salt and fresh ground pepper to taste

Method

In a salad bowl, combine spinach, mango slices and cashews; set aside. In a mixing bowl, whisk together olive oil, lime juice, honey, salt and pepper; whisk until thoroughly combined. Pour dressing over salad and gently toss it all together. Serve.

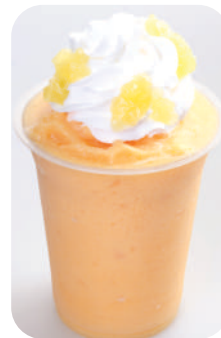
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Mango Lassi Frozen Yogurt

Ingredients

- Mango chunks (1 pound), frozen or fresh - 16 ounces
- Honey - 2/3 cup
- Small lime juiced - 1
- Salt - 1/8 teaspoon
- Full-fat yogurt, chilled - 2 cups



Method

In a medium saucepan, combine mango, honey, lime juice and salt. Bring the mixture to a gentle boil. Reduce heat to maintain a simmer, then cook, stir occasionally, for 15 minutes. Remove the mango mixture from heat and let it cool. Purée the mixture in a blender until it is completely smooth. Transfer the mixture to a bowl and refrigerate it until the mixture is thoroughly chilled. You can let it cool in the refrigerator for a few hours, or speed up the process by placing the bowl in the freezer, stirring every 15 minutes, for about 45 minutes. Mix together the chilled mango mixture and chilled yogurt, then freeze.

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Mango Payasam

Ingredients

- Mango (ripe), peeled and cut - 1
- Jaggery - 1/2 cup
- Dry ginger powder - 1/2 teaspoon
- Cardamom powder - 1 teaspoon
- Milk - 2 liters
- Broken raw rice, washed - 1/4 cup
- Cashew nuts, broken - 10
- Raisins - 10



Method

Blend 1 cup of milk with mangoes, jaggery, cardamom powder, ginger powder to make a smooth paste. In a heavy bottomed saucepan; add in the remaining milk and the washed rice and give it a brisk boil. Turn the heat to low and stir until the rice is cooked. Once the rice is cooked, add the mango mixture and stir to combine the ingredients well. Finally heat a tablespoon of ghee in a heavy bottomed pan; roast the cashewnuts on low heat until lightly brown. Once brown, add in the raisins and roasted cashewnuts for a few more seconds. Add this to the mango payasam. Transfer the mango payasam to a serving bowl. Serve cold or hot.

Aam Panna

Ingredients

- Green mangoes - 1 kilogram
- Roasted cumin powder - 4 teaspoons
- Black salt (kala namak) - 2 teaspoons
- Salt to taste
- Sugar - 3 cups



Method

Wash and boil the mangoes. Let them cool. Peel, mash and strain the pulp. Add 5 cups of water and mix well and cook till well-blended. Add the cumin powder, black salt, salt and sugar. Mix well till sugar is dissolved. Set aside to cool. Chill in the refrigerator. Pour into tall glasses as required and dilute with chilled water as per your taste.

Mango Dal



Ingredients

- Raw mango peeled and grated - 1
- Split Bengal gram (chana dal) soaked for 2 hours and drained - 1 cup
- Green chillies finely chopped - 2
- Scraped coconut - 1 cup
- Oil - 2 teaspoons
- Mustard seeds - 1 teaspoon
- Asafoetida 1/2 teaspoon
- Dried red chillies broken - 3
- Turmeric powder - 1 teaspoon
- Cucumber peeled and grated - 1
- Sugar - 1 tablespoon
- Salt to taste

Method

Grind split Bengal gram and green chillies in a mixer to a coarse mixture. Transfer into a mixing bowl. Add coconut, cucumber and raw mango and mix well. Add sugar, salt and coriander leaves and mix well. For tempering, heat oil in a small non-stick frying pan, add mustard seeds, asafoetida, red chillies and turmeric powder. Once the mustard seeds splutter, add it to the mixture and mix well. Transfer into a serving bowl and serve.

Mango Barfi

Ingredients

- Mango pulp - 1 cup
- Milk - 10 cups
- Alum crushed - 1/4 teaspoon
- Sugar - 4 teaspoons
- Ghee - 1/2 tablespoon



Method

Cook the mango pulp in a non-stick frying pan on medium heat, stirring continuously, for 10 minutes. Boil the milk and stir continuously till it thickens slightly. Add the alum and the mango pulp and stir continuously till the milk becomes grainy. Cook for 20 minutes. Add sugar. Grease a six-by-eight-inch aluminum tray with ghee. Pour the mango mixture into the tray. Sprinkle the sliced almonds on top. Leave to set for an hour in a cool place. Cut into squares or diamonds and serve.

Mango Phirni

Ingredients

- Rice
- Mangoes 4
- Milk - 1 litre
- Sugar - 3/4 cup
- Pistachios, blanched and sliced - 8-10
- Almonds, blanched and sliced - 6-8



Method

Soak rice in two cups of water for half an hour. Drain and grind to a coarse paste. Dilute rice paste with half a cup of water. Boil the milk. Gradually stir in the rice paste, reduce heat and simmer for 3 to 4 minutes, stir till it thickens. Add sugar, and continue to simmer till sugar dissolves. Remove from heat, cool to room temperature and stir in mango cubes keeping a few aside for garnishing. Pour this mixture into individual bowls, garnish with sliced pistachios, almonds and mango cubes and serve chilled.

Mango Raita

Ingredients

- Yogurt - 1 1/4 cups, fresh, thick, chilled and beaten till smooth
- Ripe mango - 1, large, peeled and chopped into small pieces
- Roasted cumin powder - 1/2 tablespoon (jeera powder)
- Red chili powder - 1/4 teaspoon
- Chaat masala - large pinch
- Black salt - large pinch (kala namak)
- Mint leaves - few for garnish or fresh coriander leaves



Method

In a bowl, add the fresh and thick curd and beat till smooth. Add 1/4 cup water and salt and mix well with a whisk. Add the chopped ripe sweet mango pieces and mix well. Sprinkle roasted cumin powder, red chili powder, chaat masala, and black salt over the raita. Garnish with fresh mint or coriander leaves. Chill until serving time.

Mango Panna Cotta

Ingredients

- Unflavoured gelatin – 3/4 teaspoon
- Cold water – 1 tablespoon
- Heavy whipping cream – 1 1/2 cups
- Sugar – 1/4 cup
- Salt
- Vanilla extract – 3/4 teaspoon
- Sour cream – 1/2 cup
- Ripe mango, diced – 1



Method

Sprinkle the gelatin over the cold water. In a saucepan, warm the cream with the sugar, salt, and vanilla over medium heat. Do not let it boil. Stir in the gelatin until thoroughly dissolved. Take the cream off the heat and let it cool for 5 minutes. Put the sour cream in a medium bowl. Gently whisk in the warm cream a little at a time until smooth. Taste for sweetness. Rinse 4 ramekins, custard cups, or coffee cups with cold water. Fill each one three-quarters full with the cream. Chill for 24 hours. To serve, either unmold by packing the molds in hot towels and then turning each out onto a dessert plate, or serve in their containers. Serve with diced ripe mango.

Mango Almond Smoothie

Ingredients

- Mango - 1
- Skim milk - 400ML
- Low-fat natural yoghurt - 1/2 cup
- Almond meal - 2 tablespoons
- Honey - 1 tablespoon
- Ice cubes



Method

Peel and chop mango and place in a blender with skim milk, low-fat natural yogurt, almond meal, manuka honey and a few ice cubes. Blend until smooth. Serve chilled.

Honey Shrimp And Mango Stir-fry

Ingredients

- Soy sauce - 1/3 cup
- Honey - 1/4 cup
- Garlic, minced - 1 tablespoon
- Red pepper flakes - 1/4 teaspoon
- Ginger, minced - 2 teaspoons
- Olive oil - 2 tablespoons
- Sugar snap peas - 1 cup
- Red and yellow bell pepper, cubed - 1 cup
- Jumbo shrimp peeled (16-20 per pound) - 1 pound
- Honey mango, cubed - 1 cup
- Salt and pepper to taste



Method

In a bowl, whisk together the soy, honey, garlic, red pepper flakes and ginger. Set aside. Heat oil in a pan over medium heat. Cook vegetables and sauté for about 3 minutes. Add shrimp and mango. Cook until shrimp are no longer pink. Toss with sauce mixture. Serve.

Eggless Mango Muffins

Ingredients

- Flour (Maida) – 200 grams (1 cup)
- Salt – 1/4 teaspoon
- Baking soda – 1/2 teaspoon
- Baking powder – 1 teaspoon
- Cardamom, crushed – 1/2 teaspoon
- Sugar – 100 grams (1/2 cup)
- Oil/Butter – 50 grams (1/4 cup)
- Mango pulp – 1/2 cup
- Milk/Butter milk – 1/2 cup



Method

Mix flour, salt, baking soda and baking powder and filter them twice so that they blend in together. Put sugar in mango pulp and grind. Beat this mix by adding milk/buttermilk a little, at a time. Preheat the oven to a temperature of 100 degrees. Place muffin on the tray or place paper cups. Take out mixture with a spoon and fill 2/3rd of the cups. After the oven is heated, put the tray in it to bake the muffins. Set the microwave for 12 minutes. Bake muffins till they turn golden brown. Mango Muffins will be ready in 12-15 minutes.

Mango Srikhand

Ingredients

- Ripe mango pulp - 1 cup
- Hung yogurt - 3 cups
- Powdered sugar sifted - 1/2 cup
- Green cardamom powder - a pinch
- Nuts chopped - 2-3 tablespoons



Method

Place yogurt in a bowl. Add powdered sugar, green cardamom powder, half the nuts and mango pulp and whisk well till well-blended. Refrigerate for 30 to 45 minutes. Transfer into a bowl and serve chilled, garnished with remaining nuts.

Eggless Mango Cake

Ingredients

- Refined flour - 1 cup
- Baking powder - 1 1/2 teaspoons
- Sugar - 3 tablespoons
- Unsalted butter - 55 grams
- Condensed milk - 1/2 tin
- Milk - 1 cup
- Vanilla essence - 1 teaspoon



Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease a cake tin and lightly dust it with flour. Sift flour with soda bicarbonate and baking powder. Cream together the sugar and butter, till light and fluffy. Add the condensed milk and beat well. Stir in the milk and vanilla essence. Gradually, add the flour, mixing well after each addition. Mix well for 3 to 4 minutes till the mixture is smooth and light. Pour the batter into the prepared tin and bake for about 30 to 35 minutes. Remove from the oven and leave to cool completely. Cut into wedges and serve.