

Fruit - Mango

Anatomy

Flesh

- Aroma
 - Flavor
 - Texture
 - Low Fiber
 - Good for blended recipes (i.e. smoothie), juices, and sauces.
 - Medium Fiber
 - Good for blended recipes (i.e. smoothie) and firm enough for slicing and dicing.
 - High Fiber
 - Raw recipes where the fiber isn't noticeable.
 - Color
 - Shape
 - Notes:
 - Mature means those are ready to be harvested but not ripe. they are mature enough to ensure they can travel to the destination point and go through the ripening process until they achieve a good flavor quality.
- [^](#)

Skin

- Mango skin is edible and contains nutrients, but it can be hard to chew and digest, and it may have an unpleasant taste. It may also contain pesticide residues and compounds that can cause allergic reactions.

Seed

Variety

remember to find ways to generalize like ones that are more fibrous and etcGeneralization

- out of scope
 - Season availability because that can change as things improve, location is different, not a details I care about as a home cook. I am buying things that I can find and not intentionally planning for the peak
 - nutrient because it can be complicated about being accurate.
 - avoid getting too deep into one specific thing of variety.

US Market

- Six varieties most commonly available in the US. [^](#)

Generic Naming

- Red Mango
 - Varieties Includes: Tommy, Haden, Kent, Palmer and any other red mangos [^](#)
 - Marketing: Scarlett Mango [^](#)
- Yellow Mango
 - Varieties Includes: Ataulfo, Manila, Oro and any other yellow mangos [^](#)
- Green Mango
 - Varieties Includes: Keitt and any other green mangos [^](#)

Tommy Atkins



Images >



- **Alternative Names:**
- **Description:** Most widely available in the US. The flavor is more tart than sweet, and fibers throughout the flesh add an exciting texture to each bite. [^](#)
- **Aroma:** Small hints of tropical fruit and citrus [^](#)
- **Flavor:** Tart with sweet notes [^](#) [^](#)
- **Texture:** Firm flesh due to fibers throughout [^](#)
- **Color:** A dark red blush often covers much of the fruit with green and orange-yellow accents [^](#)
 - Select Flavor Profile based on some color indicator
 - Green = Sour [^](#)
 - Red = Sweet [^](#)
 - Yellow = Sweeter [^](#)
- **External Ripeness Indicators:** This mango may not provide any visual cues. Squeeze gently to judge ripeness. [^](#)
- **Common Usage:**
 - A great all-purpose mango, which is why it's the most readily available kind in North America. [^](#)
- **Notes:**

Honey



- **Alternative Names:** Ataulfo, Carabao, Philippine , Champagne, Manila, Manila Super, Manggang Kalabaw [^](#) [^](#)
- **Alternative Images:** [s](#)
- **Description:** Brilliant vibrant yellow, offering a tropical, peachy aroma and a sweet and sour flavor experience. [^](#)
- **Aroma:** Tropical fruit and peachy notes [^](#)
- **Flavor:** Sweet and sour with tropical fruit notes [^](#)
 - The sweetest variety of mango ranked by Guinness Book of World Records in 1995. [^](#)
 - Unripe mangoes are very sour [^](#)
- **Texture:** Smooth, firm flesh with no fibers [^](#)
- **Color:** Vibrant yellow [^](#)
- **External Ripeness Indicators:** Skin turns to a deep golden color and small wrinkles appear when fully ripe. Squeeze gently to judge ripeness. [^](#)
- **Common Usage:**
 - The smooth, fiberless flesh are ideal for blending into smoothies and sauces. [^](#)
- **Notes:**
 - It is the only mango variety that indicates through its skin the ripeness state of the flesh. [^](#)

Kent



- **Alternative Names:**
- **Alternative Images:**
- **Description:** Juicy, sweet and boasts an enticing tropical aroma. Ideal for snacking, juicing and drying. [^](#)
- **Aroma:** Peach and tropical fruit [^](#)
- **Flavor:** Sweet with hints of sour notes [^](#)
- **Texture:** Juicy, tender flesh with limited fibers [^](#)
- **Color:** Dark green and often has a dark red blush over a small portion of the mango [^](#)
- **External Ripeness Indicators:** Yellow undertones or dots cover more of the mango as it ripens. Squeeze gently to judge ripeness. [^](#)
- **Common Usage:**
 - Creamy flesh is smooth enough for blended recipes and firm enough for slicing and dicing. [^](#)
- **Notes:**
 - Great choice for juicing and drying. [^](#)

Keitt



- **Alternative Names:**
- **Alternative Images:**
- **Description:** Popular in Asian cultures are as sweet as can be with firm juicy bite. [^](#)
- **Aroma:** High in citrus notes [^](#)
- **Flavor:** Sweet and fruity [^](#)
- **Texture:** Firm, juicy flesh with limited fibers [^](#)
- **Color:** Dark to medium green, sometimes with a pink blush over a small portion of the mango [^](#)
- **External Ripeness Indicators:** Skin stays green even when ripe. Squeeze gently to judge ripeness. [^](#)
- **Common Usage:**
 - The fruit keeps its shape when sliced or diced for salsa and salads. [^](#)
- **Notes:**
 - The largest variety of mango. [^](#)

Francise



- **Alternative Names:** Madam Francis [^](#),
- **Alternative Images:**
- **Description:**
- **Aroma:** Peach and tropical fruit [^](#)
- **Flavor:** Sweet and fruity [^](#)
- **Texture:** Soft, juicy flesh with fibers [^](#)
- **Color:** Bright yellow skin with green overtones [^](#)
- **External Ripeness Indicators:** Green overtones diminish, and the yellow becomes more golden as the mango ripens. Squeeze gently to judge ripeness. [^](#)

- **Common Usage:**
 - Best in raw recipes where their fibers aren’t as noticeable. [^](#)
- **Notes:**

Haden



- **Alternative Names:**
- **Alternative Images:**
- **Description:** Tantalizing mix of sweet, sour and just a hint of bitter tropical bliss. [^](#)
- **Aroma:** Tropical fruit with high peach notes [^](#) [^](#)
- **Flavor:** Sweet and sour with a slight bitter after taste of tropical fruit [^](#)
- **Texture:** Firm flesh due to fine fibers [^](#)
- **Color:** Bright red with green and yellow overtones and small white dots [^](#)
- **External Ripeness Indicators:** Green areas of the mango turn to yellow as it ripens. [^](#)
- **Common Usage:**
 - Use anywhere you’d use fresh peaches. [^](#)
- **Notes:**

Others

- Alphonse



- - Other images: [^](#)
 - This Indian variety is a mild tasting mango with firm flesh that can range in skin color from purple to yellow, and is oblong in shape. [^](#)
 - It’s aromatic and sugary-sweet with a buttery texture. Largely regarded as one of the, if not *the*, finest mango cultivars. Known as "the king of mangoes" in India. [^](#) [^](#)
 - Creamy, non-fibrous flesh is eaten every way from breakfast, blended into drinks, and added to spicy curry. [^](#)
 - Can overripe very quickly. [^](#)

- Edward



- - This fiber-free sweet and tangy flavored mango can range in color from pink to yellow, and is round or oblong in shape. [^](#)

- Kesar



- - This Indian variety is a fiber-free sweet mango that can vary in color from green to yellow with a round shape. [^](#)
 - Prized for being the perfect mango from which to make desserts and juices. [^](#)
- Palmer



-
- This fiber-free sweet mango can range in color from orange to yellow to pink, and has a narrow shape [^](#)

Buying Guide

todo: a tldr, default decision path so people dont need to think and if they do they can get into the detail. escape hatch

Ripeness

- The biggest issue when shopping for mangoes is over-ripeness. Avoid fruit that is soft and bruised or mangoes that have lots of dark freckling or large black spots. [^](#)
- The best approach is to select firm, mature fruits, then let them ripen at home at room temperature. [^](#)

Feel

- Squeeze mango slightly, a ripe mango will give slightly [^](#)

Color

- Don't focus on the color, since color is not related to ripening for most varieties. [^](#) [^](#) [^](#)
- In general, internal color is the best indicator of maturity and ripeness. [^](#) [^](#)

Shape

- one that is regular to make processing just fine.

Variety Difference

- Go to variety section

Imperfection

- Ignorable
 - Dots on the skins. [^](#)
- Reject
 - Ripen with Calcium Carbide
 - Health concern, but this chemical is no-longer widely use. [^](#)
 - Look for an unnatural shine on their skin, unnaturally firm or hard, a strong chemical smell, or a strange aftertaste or lack of sweetness. [^](#)

Storage

- Under-ripe
 - Keep underripe mangos at room temperature (21°C to 24°C), they will ripen naturally and develop the desired aroma. [^](#) [^](#)
 - Takes approximately 3 to 4 days until they ripen. [^](#)
 - Lower temperature (15.5°C to 18°C) develop great skin colors but at the cost of tart flavors and long ripening time. [^](#)
 - Do not expose to low temperature (<12°C), which can damage the cells in the mango which won't be able to make the chemical changes required for the fruit to ripen correctly. [^](#)
 - Expose to high temperature (26.6°C to 30°C) might result in damages in the fruit skin and higher temperature (30°C) ripening will be retarded [^](#)
 - To speed up ripening, place mangos in a paper bag at room temperature for about 2 days. [^](#)
 - Paper bag allows for humidity and release of carbon dioxide.
 - Accumulation of carbon dioxide (>1%) hinder the ripening with ethylene. [^](#)
 - Lower humidity can cause shriveling. [^](#)
- Ripe
 - Place in refrigerator (>5°C) which will slow down the ripening. [^](#) [^](#)
 - Ripened mango might be store for up to 5 days in the refrigerator. [^](#)
 - Mango shelf life expectation at this point should be between 5 to 9 days. [^](#)
- Overripe

- When mangoes pass their prime, they can become unpleasantly fibrous and develop a strong turpentine-like scent and flavor. [^](#)
- Partially cut
- Prepared
 - Cut
 - Cut mangoes will stay fresh several days in the fridge. [^](#)
 - Juice
 - Puree
- Freeze
 - Cut
 - Frozen up to 6 months. [^](#)
- Canning
- Puree
- Juicing
 -

Preparation (Mise en Place)

Default (Ripe and Soft)

start, intermediate, and end result

[Serious Eat - ingr > ^200158](#)

- try to reduce to the bare minimum for direction for moving back and foeth for biting into the flesh can go to the peeler for troub

Default (Hard)

Alternative Methods

Peeling

Peeler

- Peel around the seed for greater yield. [^](#)

Knife

- not recommended bc of weird shape?
- With chef knife. [^](#)

Score then Peel By Hand

Edge (Cup, Spoon, Container, etc)

- Cup [^](#)



- Spoon [^](#)

Blanch

- No, you can't blanch a mango to peel it because the skin is too thick

For more : [Peeling - General](#)

Non-peel

Hedgehog / Popping cube [^](#)

- Grid cut or Criss Cross.

Filleting [^](#)

Twist and Scoop



- quick-and-dirty method works best when you’re eating a fully ripe mango all by yourself.

Other

No Food Waste

Ideas on how to quickly use up or store the ingredients before they go bad

Troubleshoot

common issues?

- flavor
 - its bitter
 - too tart
-