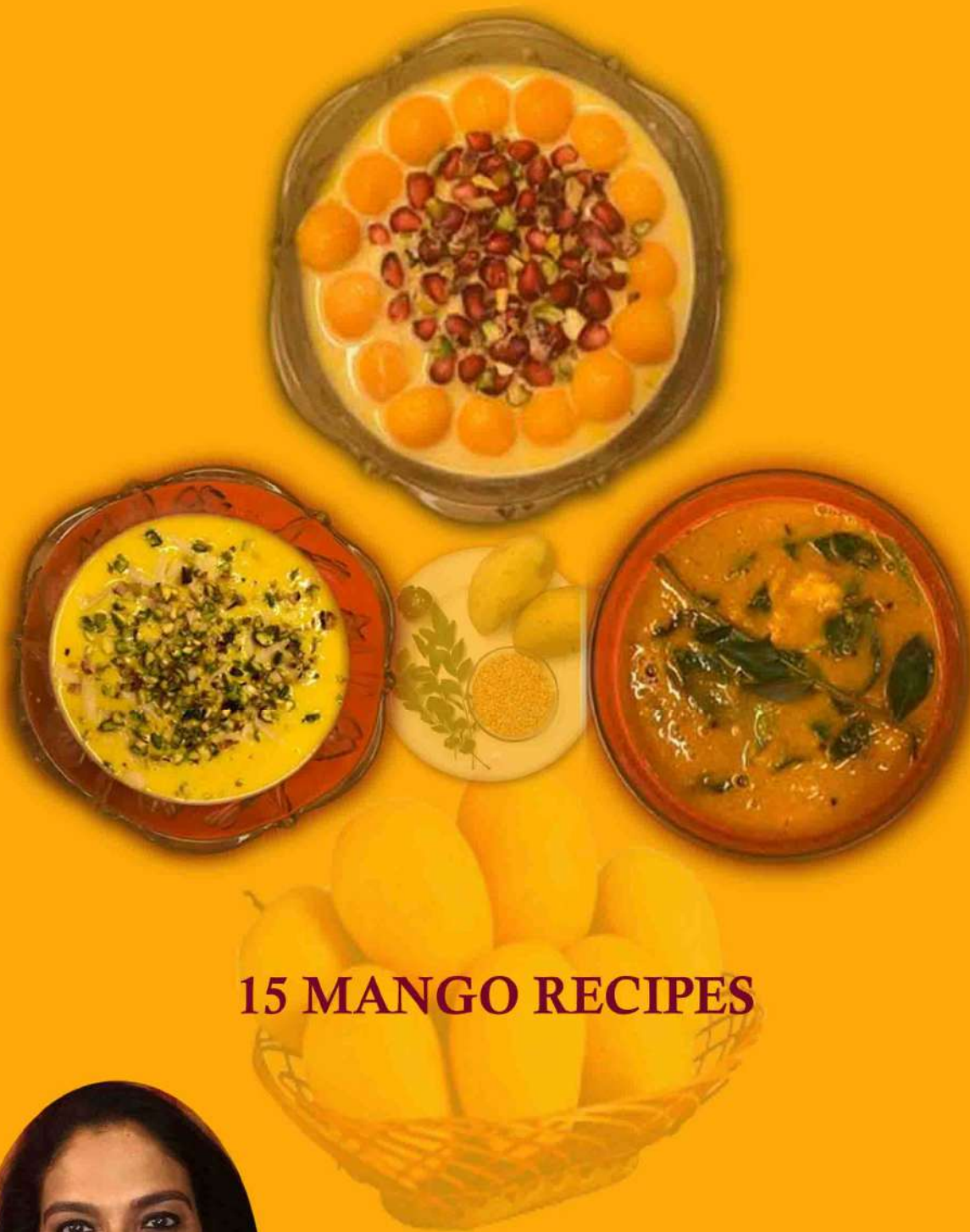


MANGO RECIPES



15 MANGO RECIPES



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INTRODUCTION

Mangoes have been almost universally accepted as the most delectable and gratifying of all fruits. They are also unique, because they are among just a handful of fruits that are consumed both raw and ripe, like banana, jackfruit, papaya, etc.

I have presented some venerated, traditional Indian recipes for both raw and ripe mangoes. The recipes are pan Indian and do not belong to any one state. They are all easy to prepare, and with the exception of a couple of recipes, are not time - consuming. Do use good quality mangos to get the best results.

I hope you have as much fun as I did while preparing these recipes. The appreciation from friends and family who taste the dishes is always very encouraging.

Geeta Subramaniam

1. RIPE MANGO SAMBHAR

This is a signature dish from Tanjavur, Tamilnadu. A very pleasant change from all the regular varieties of Sambhar.

Ingredients:

- Tamarind: a lemon sized ball
- Tuvar dal (Split pigeon peas): ½ cup
- Ripe mangoes of medium size: 3
- Fresh curry leaves
- Black mustard seeds: ¼ tsp
- Turmeric powder: ¼ tsp
- Salt to taste



For Grinding:

- Fresh grated coconut 2 tbsp
- Coriander seeds: 1 level tsp
- Fenugreek seeds: 7-8 seeds
- Chana dal(yellow split peas): ¼ tsp
- Hing powder(asafoetida): ¼ tsp
- Whole dried red chillies: 4-5
- Cooking oil: 1 ½ tbsp



Method :

1. Soak the tamarind in 1 cup of water for 15 minutes and squeeze out the pulp. Keep aside.
2. Soak the dal for 15-20 minutes and cook with 2 cups of water and keep aside.
3. Peel 2 mangoes and cut into large pieces and make a puree. Keep aside. Peel the 3rd mango and chop into small pieces. Keep aside.
4. In a wok heat 1tbspoil on a gentle flame. Add the ingredients for grinding except the coconut. Stir for a few seconds and transfer into grinding jar.



5. Grind to a smooth paste along with the coconut, using a little warm water. Keep aside.
6. Cook the tamarind pulp on a medium flame until it starts to thicken.



7. Transfer the pureed mangoes into the pan of tamarind, add the turmeric, the ground paste, and the cooked dal. Mix gently together. Add salt and a little water if it feels too thick.
8. Boil on a very slow flame for a couple of minutes only. Add the cut mangoes, stir and keep aside.

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9. In a wok add $\frac{1}{2}$ tsp of oil, add the mustard seeds and when they start splitting, add the curry leaves stir, and pour into the Sambhar.



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2. RIPE MANGO MORKUZAMBU

This is a delectable signature dish from the Palghat region of Kerala, akin to a kadi in Northern India, but also miles away from it.!!

Ingredients:

- Ripe mangoes : 2
- Thick curd made from full fat milk : 1 Liter
- Turmeric powder: ¼ tsp
- Salt to taste

For Grinding:

- Fresh coconut, grated or chopped fine: ½ cup
- Green chillies- 2-3
- Cumin seeds: ¼ tsp
- Raw rice: ½ tsp(soak for 20 minutes in water.)





For Tempering:

- Cooking oil: 1 tsp
- Cumin seeds: ¼ tsp
- Fenugreek (methi) seeds: ¼ tsp
- Dry red chilli: 1
- Fresh curry leaves- 2-4.



Method:

1. Peel and chop 1 mango into small pieces. Keep aside.
2. Peel and chop the second mango into larger pieces and make a coarse puree. Keep aside.

3. Add the cut and the pureed mangos to a cooking pan with half a cup of water and simmer on **gentle** flame for 5 minutes. Keep aside to cool.



4. Grind together to a very fine paste, the coconut, green chillies, cumin and the soaked rice after draining the water. Keep aside.



5. Beat the curd gently with a fork till there are no lumps.
6. Add the ground paste, stir and then add the curd to the cooked mangoes, and stir gently.

Note: Please do take care that the ground paste has to go in first otherwise there is danger of the curd curdling in the boiled mango.

7. Place the pan back on a very gentle flame
8. Once it starts boiling, take off the flame.

9. Temper with the ingredients mentioned.
10. Add the tempered ingredients to the Morkuzambu and serve.



3. RIPE MANGO CURRY

This is a dish from Karnataka, which I originally learnt from a very dear aunt. Over the years I have made minor changes to the original recipe, which I feel have added to the taste.

Ingredients:

- Ripe mangoes: 3 medium
- Tamarind: lemon sized ball
- Fresh curry leaves: 4 stalks
- Turmeric powder: ¼ tsp
- Salt to taste
- Onion: 1 small, chopped fine
- Bay leaves : 2

For Grinding:

- Cloves 2-3
- Cinnamon: a small piece
- Peppercorns : ½ tsp
- Dried whole red chillies: 2
- Fenugreek seeds: ¼ tsp
- Cumin seeds : ¼ tsp
- Coriander seeds: ½ tsp
- Onions: 2 -chopped in large pieces
- Ginger: ½ inch piece
- Garlic: 1-2 pods peeled
- Oil: 2tbsp



Method:

1. Peel and chop 2 mangoes into large pieces and make a puree. Keep aside.
2. Peel and chop the third mango into small pieces and keep aside.
3. Soak the tamarind in one cup of water and take out the pulp. Add the turmeric and cook in a heavy pan on gentle flame till it becomes thick. Keep aside.
4. In a wok add 1 tbsp of oil and lightly roast the peppercorns, fenugreek, cumin, coriander and red chilli. Keep aside for 5 minutes.
5. Grind the roasted spices along with the largely chopped onions, ginger and garlic to a smooth paste, using water. Keep aside.



6. Heat 1 tbsp oil in a wok, add the finely chopped onion, the bay leaves and the curry leaves and saute till the onion starts turning brown.



7. Then add the ground paste. Saute on a medium flame till the mixture leaves oil at the sides.





8. Add 1 cup of water, mix well, then add the cooked tamarind and the mango puree and stir gently till everything is mixed. Add salt.
9. Add the chopped mangoes and serve.



4.RIPEMANGO KHEER WITH MILK

This dish always reminds me of somnolent summer afternoons spent on the family large swing at my grandmother's house in Gujarat! I think she invented this recipe!!

Ingredients:

- Mangoes: 3 medium sized
- Milk: 2 liters, preferably full cream.
- Sugar: $\frac{3}{4}$ cup (or according to taste)
- Nuts: almonds,pistachios, cashews mixed and chopped fine: $\frac{1}{4}$ cup
- Pure ghee: 2 tbsp

Method:

1. Peel and chop 2 mangoes into large pieces and make a puree. Keep aside.
2. Peel and chop the third mango into small pieces and keep aside
3. Boil the milk in a heavy bottomed pan on **gentle flame** till it thickens. Keep stirring constantly. **Don't let it boil over or burn.**





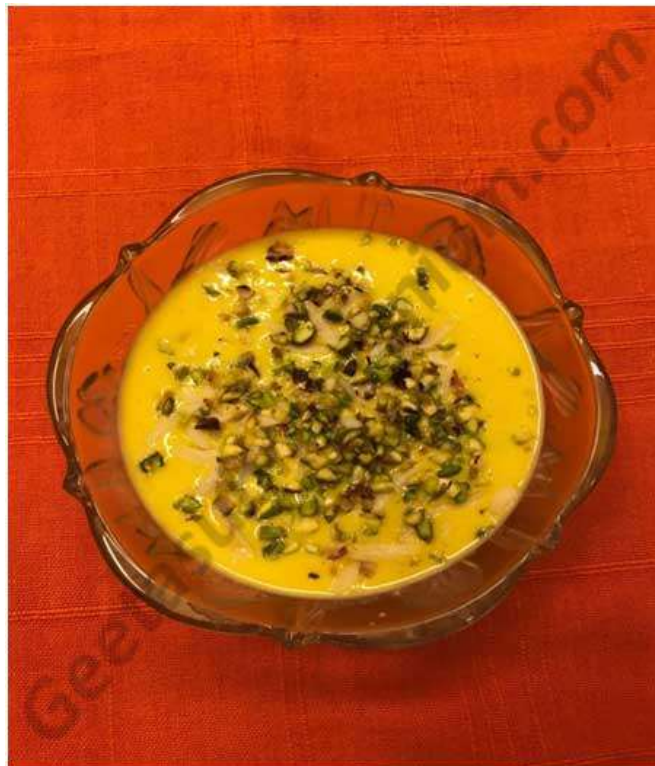
4. When the milk is about half the original quantity, add sugar and stir again till the sugar is dissolved. Continue on a **gentle flame** till the milk thickens further. Keep aside for 5 minutes.
5. Add 1tbsp of ghee to a wok, let it heat and add the mango puree. Stir fry on a **gentle flame** till the puree starts thickening.



6. Transfer the puree to the thickened milk stir gently and cook again for 2-3 minutes. Keep aside and let it cool. Add the finely chopped mangoes.



7. In another wok, fry the nuts in 1 tbsp of ghee and add to the kheer.



8. Serve chilled.

5. RIPE MANGO KHEER WITH COCONUT MILK

This is a signature dessert from Kerala, also known as “MambazaPradamun” It is a bit time consuming and laborious but totally worth the labour and worth the calories too!

Ingredients:

- Ripe mangoes: 2 large
- Jaggery: 2 cups powdered coarsely
- Nuts(cashew and raisins): chopped fine ¼ cup
- Pure ghee: 5 tbsp
- Fresh coconut: 2 or 3, depending on the size.
- Cardamom: 4-5. Powder fine

Note:You can use readymade coconut milk, but the freshly squeezed one always tastes better.

Method:

1. Break 2 coconuts and save ¼ of one coconut. Chop the ¼ coconut into very tiny pieces. Keep aside.



2. Grate the remaining coconut and strain through a sieve. This is the **first milk**. Press down to get as much as possible. Keep aside this first milk.

3. Add a little water to the strained coconut, mix well and again strain through a sieve, this is the **second milk**. Keep aside.

Note: You will get a small bowl of first milk and a larger bowl of second milk.



4. Peel and chop the mangoes into large pieces and make a puree. Keep aside.
5. Heat the jaggery in one cup of water till it is completely dissolved. Keep aside to cool.



6. After it is cooled, strain the jaggery water to remove any dirt particles. Keep aside
7. In a wok, heat 2tbsp ghee and add the mango puree. Cook on a **gentle flame** stirring constantly till it starts thickening.



8. Add the jaggerywater slowly and keep stirring on a gentle flame. When the mixture starts thickening add 2 more tbsp ghee and keep stirring till it becomes jam- like in consistency.

Note: It takes a while to reach this stage so you have to be patient.



9. Add the second coconut milk and stir gently. **Take care that the flame has to be very low.**

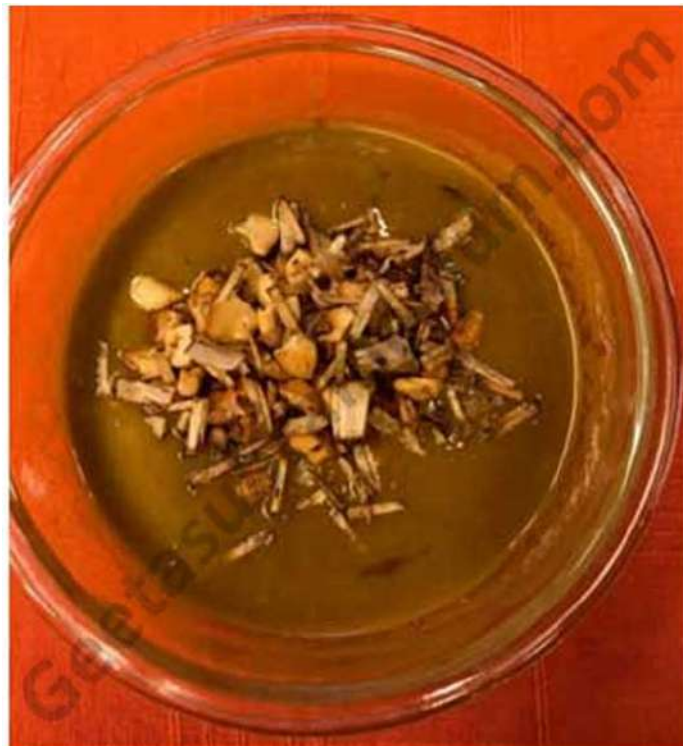
10. Simmer for 2-3 minutes, **take off the fire**, and add the first coconut milk and the cardamom. Stir gently and keep aside to cool.



11. In a wok heat 1 tbsp ghee and fry the nuts and the finely chopped coconut and transfer into the kheer.



12. This kheer tastes delicious both hot and cold.



6. RIPE MANGO AAMRAKHAND

A signature dish claimed by both Gujarat and Maharashtra as their own. For me, it brings fond memories of my Gujarati grandmother who used to make it so effortlessly.

Ingredients:

- Milk(full cream preferably): 3 liters
- Ripe mangoes: 2
- Sugar: $\frac{3}{4}$ - 1 cup according to taste
- Cardamoms : 3-4 pods
- Nuts(Almonds and pistachios): $\frac{1}{4}$ cup
- Curd: 1 tbsp
- Large piece of clean muslin cloth
- Cotton string for tying the cloth.

Method:

1. Boil milk, cool and set curd with 1 tbsp of curd. Keep aside for 4-5 hours.

Note: The curd should be well set and not sour.



2. Transfer the set curd to a muslin cloth, tie securely and let it hang for 3-4 hours **in a dry, cool place**. Keep a large bowl below to collect the whey that will drip.



3. Finely powder the sugar and keep aside.
4. Finely powder the cardamom and keep aside.
5. Chop the pistachios fine and keep aside.
6. Soak the almonds in 1 cup of hot water for 10 minutes. This helps in peeling the skin easily.
7. Chop the skinned almonds finely. Keep aside.
8. Peel and cut the mangoes into large pieces and make a puree. Keep aside.
9. Take down the hung curd when it has drained off all the whey and transfer into a bowl.





10. Collect all the ingredients together. In a fresh bowl add 1 tbsp of curd and 1 tbsp sugar. Mix well with a fork. **Do not use an egg whisk.** Keep adding the curd and sugar alternately and keep mixing.



11. Finally, fold in the mango puree, and the cardamom, stir gently.
12. Sprinkle nuts on top and chill before serving.



7. RIPE MANGO AAM RAS WITH SPINACH PURI

Another dish claimed by both Gujarat and Maharashtra. I feel that the spinach puri rather than regular puris tasted better with the Aamras.

IngredientsFor Aamras:

- Ripe mangoes: 2 large
- Mixed nuts chopped fine : ¼ cup

For Spinach Puri:

- Wheat flour: 1 cup
- Spinach: ½ kg
- Coriander powder: 1 tsp
- Red chillipowder : ¼ tsp
- Ajwain(caraway seeds): ¼ tsp
- Turmeric powder : ¼ tsp
- Oil: 1tsp
- Salt to taste
- Oil for frying : 2 cups

Method for Aamras:

1. Peel and chop the mangoes into large pieces and make a puree.
2. Transfer into a bowl and sprinkle the nuts on top.
3. Chill for 2-3 hours.

Method for Spinach Puris:

1. Chop the spinach finely and boil till cooked. Strain to remove excess water. Keep aside.
2. Take wheat flour in a plate and add all the ingredients including the spinach and knead into a tight dough.

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3. Use the spinach water if necessary.



4. Roll out small puris and deep fry.



5. Serve with the chilled Aamras.

9. RIPE MANGO ICE-CREAM

Ingredients:

- Mangoes: 3 medium
- Milk: 2 liters full cream
- Sugar : 1 cup
- Nuts: almonds, pistachios chopped fine : ¼ cup
- Pure ghee: 2 tbsp

Method:

1. Peel and chop 2 ½ mangoes into large pieces and make a puree. Keep aside
2. Cut the remaining ½ mango into tiny pieces and keep aside.
3. Boil the milk in a heavy bottomed pan on a **gentle flame** till it thickens. **Keep stirring constantly. Don't let it boil over, or burn.**
4. The milk should be boiled till it is roughly ¼ of the original quantity.



Note:The creaminess of the ice-cream depends on how well the milk is boiled. So take care to thicken it well.

5. Add the sugar and stir well to dissolve the sugar. In about 5-10 minutes the sugar will dissolve completely. Keep aside to cool.

6. Add 1 tbsp ghee to a wok, let it heat and add the mango puree. Saute on a gentle flame till the puree starts thickening.



7. Transfer the puree to the thickened milk stir gently and boil again for 5-7 minutes. The mixture by now should be very thick.



8. Transfer to a freezing dish or alternately into kulfimoulds.
9. In another wok add 1 tbsp ghee and lightly fry the nuts, and transfer to the milk mixture.

10. Add the chopped mangoes and freeze for 5-6 hours.

11. Serve with cut mangoes.



9. RIPE MANGO BARFI

A much adored staple in my house!

Ingredients:

- Ripe mangoes: 2 medium size
- Sugar: 1 cup
- Besan(gram flour): 1 cup
- Pure ghee: ½ cup melted
- Nuts:Cashewnuts, pistachios and almonds all finely chopped together to make ¼ cup.
- Powdered cardamom: ¼ tsp
- A flat steel plate greased with ghee



Method:

1. Peel and chop the mangoes into large pieces and make a puree. You should get about 1 ½ cups. Keep aside.
2. In a wok, dry roast the besan **on a gentle flame** stirring constantly. It will soon give out a roasted fragrance. Transfer onto a plate and keep aside.

Note:The taste of the Barfi depends on the roasting of the Besan. So take the time to roast it well. Do not let it burn.



3. In a wok add 1 tbsp of ghee, add the mango puree and sugar and cook for a few minutes **on a gentle flame. Keep stirring.**



4. Once the puree starts thickening, add 2 tbsp ghee, then start adding the roasted besan very slowly, stirring all the while. **Make sure the besan does not form lumps.**



5. At regular intervals add the ghee till it is all in the mixture.



6. Soon the mixture will start leaving the sides of the pan. At this stage, add half chopped nuts and the cardamom.



7. Give a final stir and transfer the mixture onto the greased plate and spread. Sprinkle the rest of the nuts on top and press down very gently.



8. Make cuts in the mixture of the desired size of Barfi.

9. Leave aside for 2-3 hours to set.



10. RAW MANGO RICE

A much loved dish from Tamilnadu, a staple for summer lunches, served with any vegetable Raita!

Ingredients:

- Raw mangos: 2 large
- Basmati rice: ½ cup
- Turmeric: ¼ tsp
- Salt to taste

Masala Powder:

- 1tbsp chana dal (yellow split peas)
- 1tbsp white urad dal (dehusked and split black gram)
- 1 tbsp white til(sesame seeds)
- 1 tsp coriander seeds
- ½ tsp fenugreek seeds
- ½ tspasafoetida powder
- 1 dried red chilli
- 1 tbsp oil



For Tempering:

- ¼ tsp black mustard seeds
- 1/4tsp chana dal
- ¼ tsp white urad dal
- ¼ tspasafoetida powder

- 2tbsp cashewnuts chopped fine
- 2 tbsp peanuts roasted
- fresh curry leaves 2-3 stalks
- 1tbsp sesame oil



Method:

To Make The Masala Powder:

1. Heat the oil in a wok and first add the asafoetida powder
2. When it starts sizzling, add the chana dal, stir for a few seconds, then add the rest of the ingredients. **Keep stirring on a gentle flame to prevent burning.**
3. Transfer to a plate, let it cool.
4. Grind into a coarse powder and keep aside.



To Make The Mango Rice:

Cook the rice with just enough water, into long grains. **Do not overcook.** Keep aside to cool.

1. Peel and grate the mangos. Keep aside.



2. Heat the oil for tempering in a wok, add the asafoetida and when it sizzles, add the curry leaves followed by the rest of the ingredients. **Keep the flame low.**
3. Add the grated mangos, the salt and turmeric and stir well and let cook on a slow flame for about 5-7 minutes.



4. Add the rice and mix well.



5. Add the masala powder and mix.

6. Transfer into a plate.



11. RAW MANGO WITH CHICK PEAS

A simple dish made so famous at the Marina Beach at Chennai that it is now iconic – “MangaiTengaiPattaniChundal” yell the scores of vendors at the beach! They sell it in newspaper cones.

Ingredients:

- Chick peas : 1 cup
- Raw mango : 1
- Coconut grated: 1tbsp
- Lemon: 1
- Turmeric powder : ¼ tsp
- Salt to taste



For Tempering:

- Oil: 1 tbsp
- Black mustard seeds : ¼ tsp
- White uraddal : ¼ tsp
- Chanadal : ¼ tsp
- Asafoetidapowder : ¼ tsp
- Dried red chilli: 1
- Green chilli: 1
- Fresh curry leaves: 2-3 stalks

Method:

1. Soak the chickpeas for 4-5 hours in warm water and cook till they are soft and separate. **Do not overcook.** Keep aside.
2. Peel and grate the mango and keep aside.
3. Heat the oil in a wok and add the asafoetida. When it sizzles, add rest of the ingredients for tempering. When the mustard splutters, add the curry leaves. **Keep a gentle flame**
4. Stir for a couple of seconds and add the cooked chickpeas. Add the salt and turmeric and stir well.
5. Transfer to plate and add the grated mango and grated coconut. Squeeze the lemon and serve.



12. RAW MANGO PACHADI

This is a kind of raita or relish from Palghat, Kerala. Goes very well with most main dishes. Also known as “MangaiParakku” .

Ingredients:

- Raw mangos: 1 medium
- Fresh, well set curd: 2 cups
- Salt to taste

For Grinding:

- Black mustard seeds: 1tsp
- Dried red chilli: 1
- Green chilli: 1
- Fresh grated coconut: 2 tbsp



For Tempering:

- Mustard seeds : ¼ tsp
- Dried Red chilli: ½
- Oil: ¼ tsp
- Fresh curry leaves: 2 stalks

Method:

1. Peel and chop the mango into tiny pieces. **Do not grate.** Keep aside.
2. In a bowl, beat the curd gently with a fork to get an even consistency and keep aside.
3. Grind together ingredients for grinding to a smooth paste, using a little water.
4. Transfer the paste into the bowl of curd, mix gently, add the cut mango and mix. Add salt and keep aside.



5. In a wok, heat oil, add mustard and red chilli and when it splutters, add the curry leaves.
6. Transfer to the bowl of Pachadi. Chill before serving.



13. RAW MANGO CHUTNEY WITH JAGGERY

A delicious chutney also known as Methambo

Ingredients:

- Raw mangoes which are turning ripe: 2 medium
- Jaggery: 2 tbsp(can be more or less according to taste)
- Salt to taste
- Turmeric : ¼ tsp

For Tempering:

- Black mustard seeds: ¼ tsp
- Cumin seeds: ¼ tsp
- Fenugreek seeds: ¼ tsp
- Aniseed(saunf) : ¼ tsp
- Nigella seeds(kalonji): ¼ tsp
- Dried red chilli: 2
- Fresh Curry leaves : 2-3 stalks
- Oil: 1 tbsp



Method:

1. Peel and cut the mangoes into small pieces. Keep aside.



2. Powder the jaggery coarsely and keep aside.



3. In a wok heat the oil on a gentle flame, and add all the ingredients for tempering.
4. When the mustard seeds start spluttering, add the cut mangoes. Stir well and sauté the mangoes. Add salt and turmeric.



5. Add 1 cup of water to cook the mangoes. Continue on a gentle flame.



6. When the mangoes are cooked, add the jaggery, and stir gently till it is dissolved in the mango.



7. Remove from fire and cool. Serve with hot parathas or puris.



14. RAW MANGO CHUTNEY WITH SUGAR

This one is known as Chhundo in Gujarat. I used to eat it inspoonfuls , like a jam when I was a child and my body allowed such excesses!!

Ingredients:

- Raw mango: 2 medium (they should be completely raw and firm, not turning yellow)
- Sugar: 1 cup
- Turmeric powder: $\frac{1}{4}$ tsp
- Red chilli powder: $\frac{1}{4}$ tsp(or according to taste)
- Cumin seeds: 1 tsp
- Salt to taste

Method:



1. Peel and grate the mangos, add salt and turmeric and keep aside for $\frac{1}{2}$ an hour.



2. Roast the cumin seeds lightly, and powder coarsely. Cover and keep aside.
3. Squeeze out the liquid from the grated mangos. Cast aside the liquid. The grated mangos should be roughly 1 cup.



4. In a wok, add the sugar and just enough water to soak the sugar. Keep stirring on a gentle flame till the sugar dissolves and the mixture starts boiling.



5. Add the grated mango and cook on a gentle flame stirring continuously.



6. When the chutney reaches a jam like consistency, take down from the flame, add the red chilli powder and the roasted cumin.

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7. Transfer into a glass jar and let cool.



15. RAW MANGO PICKLE –SOUTH INDIAN

A staple throughout summer in most south Indian households as an accompaniment to curd rice. Also known as “MangaiTokku”.

Ingredients:

- Raw mangos: 2 medium
- Salt: $\frac{3}{4}$ tsp or to taste
- Turmeric: $\frac{1}{4}$ tsp
- Red chilli powder: 1 tsp
- Oil: 2 -3tbsp

For Tempering:

- Black mustard seeds: $\frac{1}{2}$ tsp

For Powdering:

- Fenugreek seeds: 2tbsp
- Asafoetida: $\frac{1}{2}$ tsp
- Oil: 1 tsp

Method:

1. Peel and grate the mangoes. They should be completely raw and firm. Keep aside.



2. Heat 1 tsp oil and fry the fenugreek and asafoetida lightly. Powder and keep aside.





3. In a wok heat oil on a gentle flame and add the mustard seeds.
4. When mustard seeds splutter, add the grated mango. Saute well. **Keep the flame low** and keep stirring. Don't let it burn. Add salt and turmeric. The mango will cook in the oil and the salt will leave a little water.



5. Once the mango is cooked add the chillipowder and the fenugreek powder. Mix well and cool.
6. Transfer into a jar.





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