



# 1,000 THINGS TO DO TO A MANGO BEFORE YOU DIE



Nick Troubetzkoy's  
**JADE MOUNTAIN**  
St. Lucia

# Green Mango Nam Pla

*“Mamuang Napla Wan”*

Serves 10

## Ingredients

4	Large	Firm Green Mangos ( <i>Mango Long</i> )
1	Pound	Palm sugar
¼	Cup	Water
¼	Cup	Thai Fish sauce
½	Cup	Chopped shallots
½	Cup	Dried shrimp, ground
2	Small	Chili peppers, finely sliced

## To prepare the mangos

Peel the mangos and cut them into thin slices, about ¼ inch thick. Cover and refrigerate the mangos.

## To prepare the dip

In a small sauce pan, over low heat mix together the sugar, water, and fish sauce. Raise the heat and reduce the mixture to a thick syrup, stirring constantly. Add the shallots and cook until softened. Remove from heat and stir in the ground shrimp and chilie slices. Set aside to cool.

## To serve

Arrange the mango on a serving tray with the sauce on the side. Let the guests each dip their own mango slices.

# Mango Bread

*Select: Kent mango*

Serves 10

## Ingredients

¼ Cup	Butter
¾ cup	Sugar
2 Medium	Very Ripe mangos pureed
1 Large	Egg, slightly beaten
1 Teaspoon	Pure Vanilla extract
2 Tablespoons	Lime juice
1½ Cups	All purpose flour
1½ Teaspoon	Baking powder
½ Teaspoon	Baking soda
½ teaspoon	Ground cinnamon
1 Cup	Chopped walnuts

## To prepare the batter

In a large mixing bowl cream the butter and sugar. Add the mango, egg, vanilla, and lime juice. In a separate large bowl, combine the flour, baking powder, baking soda and cinnamon. Add the mango mixture to the flour mixture stirring until the dry ingredients are just moistened. Stir in the walnuts.

## To bake the mango bread

Preheat the oven to 350 degrees. Coat a 9x5x3 inch non stick pan with non stick cooking spray. Pour the batter into the prepared loaf pan. Bake for 40 minutes, or until a toothpick inserted into the center, comes out clean. Cool in the pan 10 minutes before removing from the loaf pan. Allow to cook for 1 hour on a rack before serving.

# Mango-Lime Grilled Swordfish

*Select: Tommy Atkins mango*

Serves 4

## Ingredients

1	Large	Firm mango
½	Cup	Freshly squeezed lime juice
½	cup	Cold water
2	Cloves	Garlic
1	Teaspoon	Fennel seeds
1	Teaspoon	Cracked black peppercorns
2	teaspoons	Coarse Salt
2	Tablespoons	Olive oil
4	6 ounce	Swordfish steaks

## Select a large firm mango

With a sharp knife cut the mango cheeks from either side of the stone. Continue to cut the remaining mango flesh fingers from each side of the mango. With the skin on, cut 4 thick slices from each cheek. Set these aside to be grilled. Trim the skin from the remaining mango to use in the brine.

## To prepare the Brine

Using a blender puree the mango pieces, lime, water, garlic, fennel seeds, black pepper, and salt on high speed for about 30 seconds. Place the swordfish in a large zip lock bag. Pour the brine into the bag, close and refrigerate for up to 1 hour.

## To grill the Swordfish

Preheat the grill very hot. Remove the swordfish from the brine and pat dry. Brush the olive oil on the swordfish steaks and place on the hottest part of the grill. After 2 minutes, turn the swordfish steak over with a spatula. Allow 3- 4 minutes of grilling time on the 2<sup>nd</sup> side then move the steaks to a lower heat on the side of the grill. Cook for 2-3 minutes longer until cooked through. Brush the remaining olive oil on the mango slices and grill for 2 minutes over high heat on each side until lightly glazed.

# Mango Mojito

Serves 2



## Ingredients

1	Small	Ripe sweet mango - cut into large dice ( <i>Mango Graham</i> )
2	Teaspoons	Sugar
6	Whole	Mint leaves
1	large	Lime, juiced
6	Oz	Light rum
4	Handfulls	Crushed ice
4	Oz	Club soda
2	8 inch	Sugar cane skewers

## To prepare the Mojito

On a large glass bar shaker, combine mango dice (reserve 4 large pieces), sugar, 4 mint leaves and lime juice. Using a bar mallet crush the mango and mint into the sugar until dissolved. Pour in the rum, shake well.

## To Serve

Fill two tall glasses with crushed ice and strain the Mojito over the ice. Spritz the glass with club soda and stir lightly. Garnish with sugar cane skewered mango pieces and mint.