



National Mango Week

25th – 31st May
2009



FOOD RECIPES



MANGO, COCONUT AND VEGETABLE CURRY



Use your favourite curry pastes for this recipe it works well with Thai or Indian spiced curry pastes.

Preparation time: 20 minutes
Cooking time: 30 minutes

Serves: 4
Cost per portion: £1.58

1 tbsp vegetable oil
4 tbsp Korma curry paste (1/2 the amount if using Thai curry paste)
400ml/14fl oz Rubicon mango juice
2 large red skinned (pink fleshed) sweet potato, about 800g/1lb 12oz,
peeled and cut into chunks
250ml carton coconut cream
1 tsp cornflour
200g pack baby sweetcorn and mangetout
1 Alfonso mango, stone removed, peeled and sliced

Cost cutter: Use skinless, boneless chicken thighs, cut into chunks. If you have time if you use frozen, thawed meat it will also reduce the cost.

Always look for bargains on the fish counter - supermarkets must sell fish by set dates so prawns and other fish can often be reduced - use it on the day that you buy it ! You could also use frozen mixed vegetables instead of the fresh sweetcorn and mangetout

1 Heat the oil in a large deep saucepan and fry the curry paste for 1 minute. Stir in the mango juice and sweet potato, bring to the boil, cover and simmer over a low heat for 20 minutes.

2 Mix the coconut cream and cornflour together and stir into the saucepan. Add the vegetables and simmer uncovered for 5 minutes. Season to taste and serve with basmati rice and fresh Coriander.

Cook's tip

Make me with chicken: Omit the sweet potato and replace with 400g/14oz diced chicken. And fry off with the curry paste, then continue as above.

Make me with prawns: Omit the sweet potato add 350g/12oz raw prawns with the coconut milk and simmer until pink. If using cooked prawns these only need to warm through so add 2-3 minutes before the end of the cooking time



MANGO AND PORK BURGERS

Home-made burgers couldn't be simpler- children and adults alike will enjoy these moist, juicy burgers !



Cook's tip

To make the cherry tomato and onion salad. Halve 125g/4oz ripe cherry tomatoes and mix with 1 small handful thinly sliced red onion and the juice of 1/2 lime. Season to taste

- 2 tsp arrowroot
- 150ml/1/4pint Rubicon mango juice
- 1 tsp Worcestershire sauce
- 3 Alfonso mangoes, stoned removed, peeled and flesh finely chopped
- 500g/1lb2oz minced pork, thawed if frozen
- 4 spring onions, trimmed and finely chopped
- 2 tbsp fresh chopped mint
- 1 medium egg, beaten
- salt and freshly ground black pepper
- 1 little gem lettuce
- 4 burger buns, split

Preparation time: 15 minutes
Cooking time: 20 minutes
Serves: 4
Cost per portion: £1.60

Cost cutter

If you have some mint sauce in the cupboard - use this instead of the fresh mint - add about 1 teaspoon. Using defrosted frozen pork will also reduce the cost - if the mixture seems a little moist because of this add a small handful of fresh breadcrumbs



1 Mix the arrowroot with a little of the mango juice until smooth and then add the Worcestershire sauce and simmer until thickened slightly. Stir in two-thirds of the mango and allow to cool. Season to taste.

2 Meanwhile, mix together the remaining mango, minced pork, spring onion, mint, salt and pepper and egg until well combined. Shape into four burgers and arrange on a foil lined tray. Grill under a preheated grill for 8-10 minutes on each side.

3 Fill the buns with some lettuce leaves, mango and pork burger and tomato and onion salad if liked. Serve with the mango chutney on the side.

SWEET CHILLI CHICKEN AND MANGO SKEWERS



Finger licking good - great cooked on the barbeque too. Serve with a chunky salad

- 6 tbsp Rubicon mango juice
- 4 tbsp sweet chilli sauce
- 2 tbsp soy sauce
- 2 tsp minced ginger
- 1 tsp minced garlic
- 1 red chilli, thinly sliced, optional
- 3 frozen skinless, boneless chicken breasts, thawed and cut into chunks
- 2 courgettes, sliced into 16 pieces
- 2 Alfonso mangoes, stone removed, peeled and cut into cubes
- fresh coriander to garnish, optional

Preparation time: 20 minutes
Cooking time: 20 minutes
Serves: 4
Cost per portion: £1.68

Cost cutter

Stretch the chicken to serve 6 by threading on extra vegetables try using cherry tomatoes, diced red, yellow or green peppers - look out for value packs

1 In a large bowl mix together all the ingredients except the coriander. Cover and leave to marinate overnight or for at least 30 minutes. Thread alternatively onto soaked wooden or metal skewers.

2 Preheat a grill to high/hot. Arrange the skewers on a foil lined tray and cook for 8-10 minutes on either side basting with any remaining marinade as you cook. Serve scattered with fresh coriander and with lime wedges to squeeze over if liked.

Cook's tip

By soaking wooden skewers for 30 minutes in cold water before using this prevents them from catching fire or burning



MANGO AND LEMON BRULEE DESSERT



It's not a problem whipping up this tasty dessert with only 5 ingredients and its ready in only 10 minutes!

2 Alfonso mangoes
225ml/8fl oz Rubicon mango juice
300ml/1/2pint double cream
6 tbsp lemon curd
50g/2oz caster sugar

Preparation time: 6-8 minutes Serves: 4
Cooking time: 2 minutes Cost per portion: 86p



1 Run your finger around the skin of the mango to feel for the edge of the large stone in the centre. Cut 1/2 inch/1cm from each side of the stone to free the flesh. Remove the peel from around the stone and cut away as much flesh as possible and roughly chop. Do the same with the remaining mango pieces and divide between four dessert glasses. Pour over the mango juice to just cover.

2 Lightly whip the cream in a large bowl until it just holds its shape. Fold in 4 tablespoons of lemon curd. Drizzle over the remaining lemon curd. Divide between the glasses.

3 Place the caster sugar into a small saucepan and heat gently until the sugar has melted and turned a golden caramel colour. Carefully drizzle over the top of the cream mixture. Serve immediately.

Cost cutter

Use tinned mango pieces instead of fresh mango. Replace double cream with Greek yogurt

Cook's tip

These desserts can be made in the more traditional way in ramekins. Make up to the end of stage 2 spooning the mixture into large ramekin dishes. Chill overnight or for at least 30 minutes. Then sprinkle with the caster sugar to cover and place under a hot preheated grill for 2-3 minutes turning the dishes occasionally until the sugar has caramelised.

COCKTAIL RECIPES



Passion flower



25ml Rubicon Mango juice drink

25ml Rubicon Passion fruit juice drink

Top with champagne

Pour all into chilled champagne flute and garnish with a rose petal

Rubicana



50ml Rubicon Mango juice drink

50ml Rubicon Guava juice drink

25ml Rubicon Passion fruit juice drink

Top with bitter lemon

Build over crushed ice in a hi ball glass and garnish with mango slices