



Chef Culinary Conference at UMass

June 2-7, 2024

The left side of the slide features a decorative background with stylized mangoes in shades of orange and yellow, green leaves, and small green squares scattered around. In the bottom left corner, there is a logo for 'Mango.org' with a green leaf icon above the 'o' in 'Mango'.

Team Mango

- **Madeline Kang**, National Mango Board, Marketing Manager
Mkang@mango.org
- **Susan Hughes**, Foodservice Marketing Consultant, susan@susan-hughes.com
- **Chef Jason Hernandez**, Blade & Tine Culinary Consultants,
bladeandtine@gmail.com



National Mango Board

- National promotion and research organization, supported by assessments from **domestic and imported fresh mangos**
- NMB promotes **fresh whole and fresh cut mango**
- Foodservice marketing program goal: **engage, inspire, educate and motivate** foodservice menu influencers and decision makers
- We're happy to be here!



Why Mango

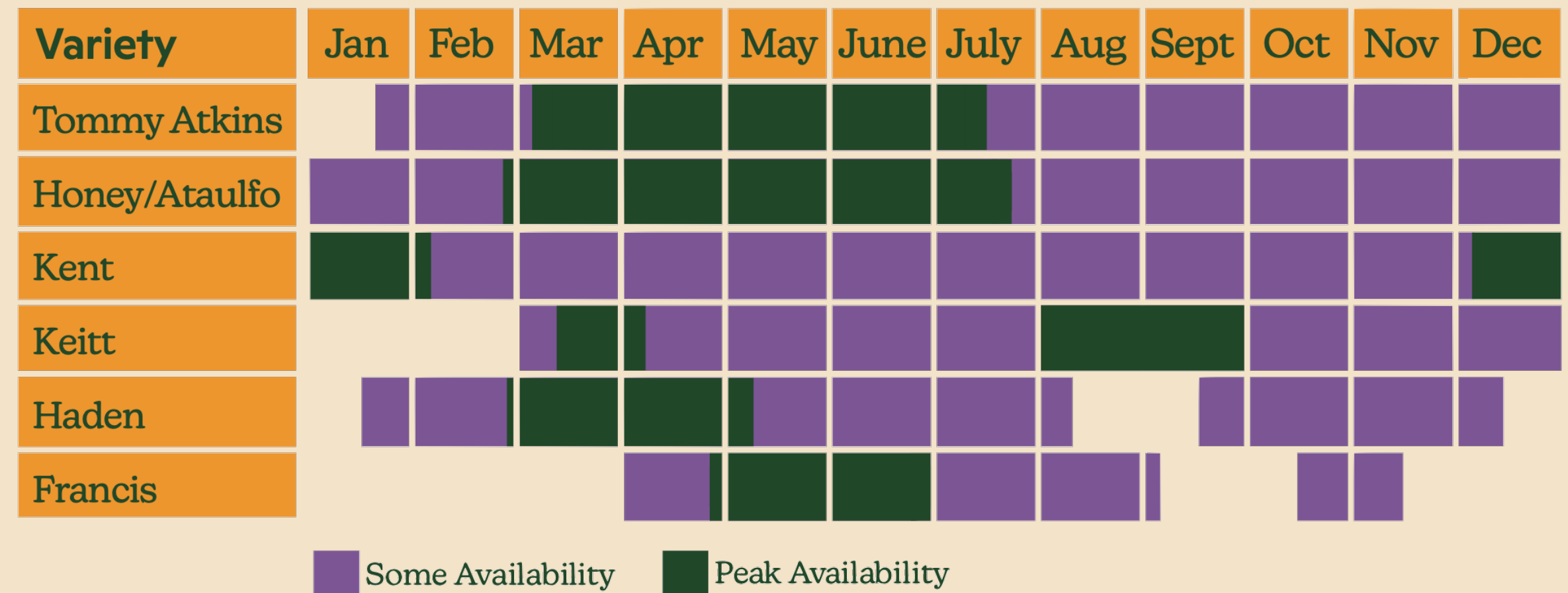
- 90% of consumers know mango
- 81% have tried mango
- 79% like or love mango
- 82% of consumers would pay more for FRESH mango when feature on the menu
- Mango is found on nearly 40% of all restaurant menus
- Mango is both a top-featured and top-growing fruit among the top fruits on restaurant menus

Source: Datassential

Mango Varieties & Availability

Most commonly available mango varieties in the U.S. market

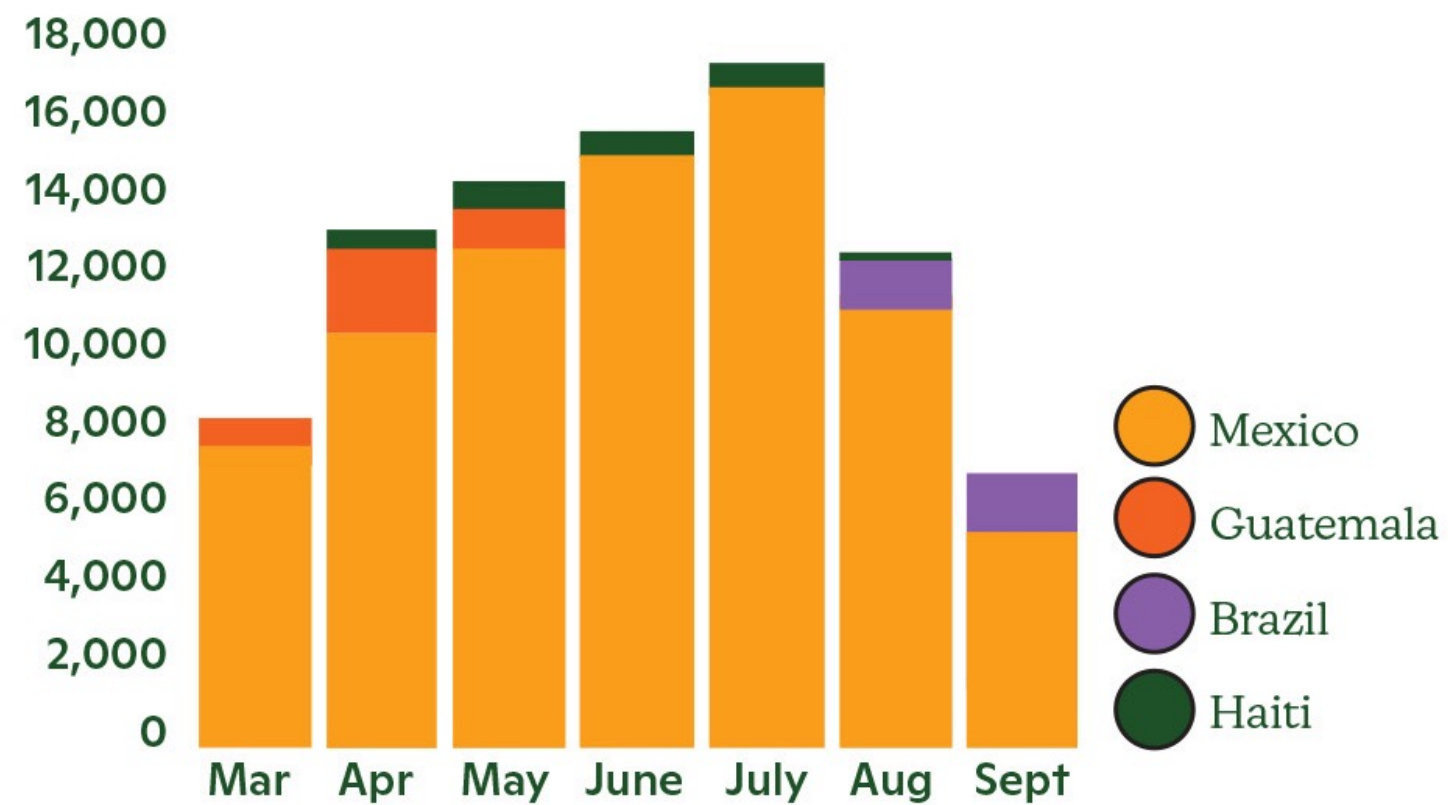
Availability by Variety



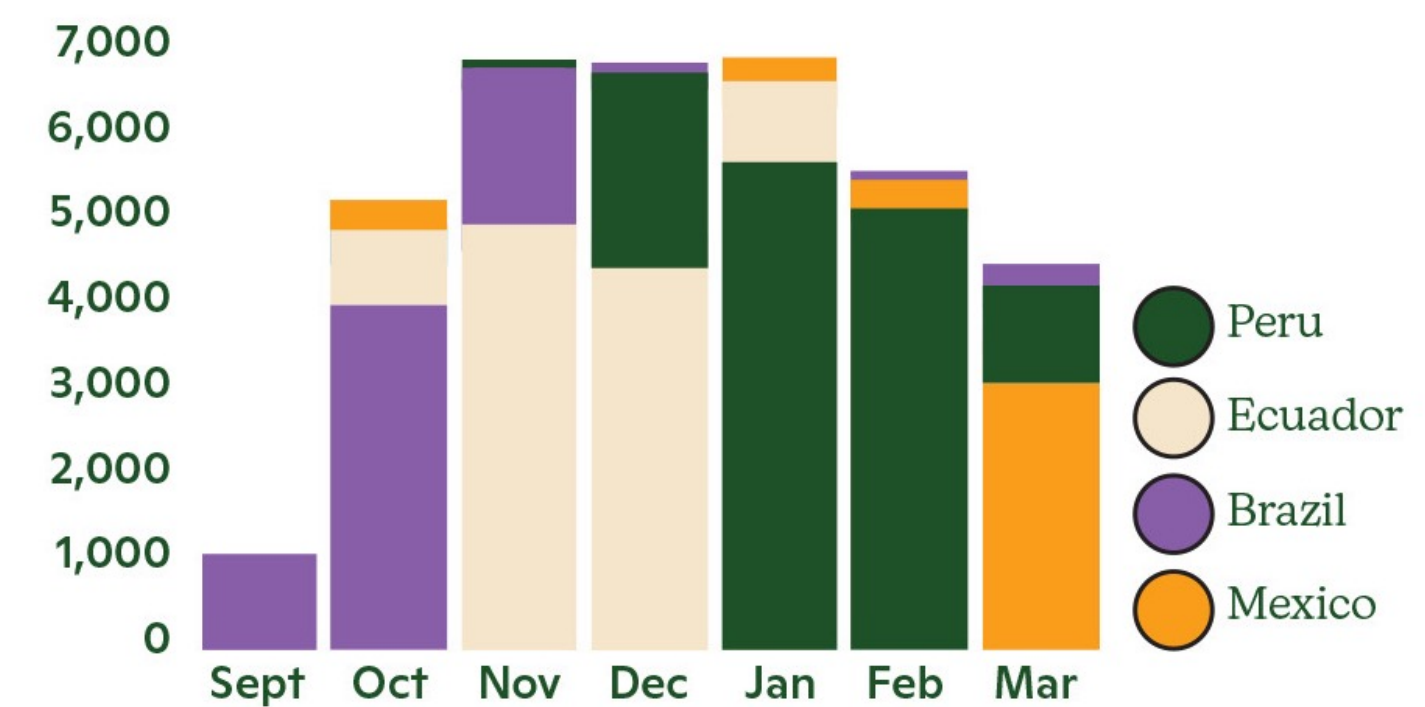
Mango Source Countries

6 countries provide 90% of mangos sold in the U.S.

Spring/Summer



Fall/Winter



Mango Ripeness Stages

Don't judge the ripeness of a mango by its skin color.

Internal flesh color is generally the best indicator of maturity and ripeness.

Ripe mangos will give slightly when gently squeezed.

Mango
-org

Stage
1



Very Hard

Mangos are harvested when mature, but not ripe 5+ days until mangos reach Stage 4

Storage Tips

Never store whole mangos below 50° F. Store mangos next to bananas.

Stage
2



Firm

Firm to the touch
Texture: Crunchy, crisp
Flavor: Sour
Uses: Spirals, salads, pickles, chutney



Stage
3



Breaking

Slight give to the touch
Texture: Crisp
Flavor: Tart to slightly sweet
Uses: Spirals, salads, poke, fries, pickles, beverages



Stage
4



Ripe

Yields to gentle pressure
Texture: Firm but juicy
Flavor: Sweet, tropical aroma
Uses: Beverages to desserts, hot and cold applications



Stage
5



Soft to the touch

Texture: Soft, juicy
Flavor: Very sweet, tropical aroma
Uses: Puree for beverages, hot and cold sauces, dressings, marinades

Mangos Pack a Nutritional Punch!

Mangos are full of health-promoting nutrients and bioactive compounds. Scientific research continues to unlock new reasons to bite into this luscious, versatile fruit.

One serving of fresh mango*



VITAMINS

- Excellent source of vitamin C, 50% DV, which plays an important role in immune function and skin health
- Good source of folate, 15% DV, which helps the body make red blood cells and DNA and may help support a healthy immune system
- 8% DV of vitamin A, which helps maintain healthy skin and eye health
- 8% DV of vitamin B6, which plays a critical role in metabolism, supports immune function and brain health

MINERALS

Good source of copper, 15% DV, which is essential for the development of collagen

POLYPHENOLS

- Beta-carotene, lutein and other carotenoids account for the yellow color
- Anthocyanins contribute to the red in some varieties
- Other bioactive compounds include mangiferin, flavonoids (quercetin, catechin and epicatechin), gallotannins, gallic acid, and ellagic acid

DIETARY FIBER

2 grams or 7% DV of filling dietary fiber

NUTRITION RESEARCH

Studies have explored the potential impact of mangos on heart health, blood pressure, weight management, diabetes and gut health.

* 3/4 cup fresh mango pieces (124g), DV = Daily Value.

Source: U.S. Department of Agriculture, Nutrient Database for Standard Reference



Mango Inspires Imagination

- Mango trees thrive in **tropical climates around the world**, from India to California, and offer a rich playground for savory and sweet menu innovation and global flavor discovery
- Mangos boast **more than 20 vitamins and minerals**. They are an excellent source of Vitamin C
- **Mangos absorb spice, heat and fire** with no loss of character, yet can be icy and refreshing
- Fresh mango brings **flavor, color and passion** to foodservice menus



Ripe Mango

	Definitive	Dramatic	Daring
SAVORY	Sesame	Kombu	Pine
SALTY	Furikake	Shrimp Paste	Smoked Salt
SPICED	Allspice	Chai	Fenugreek
SWEET	Coconut Sticky Rice	Goat Milk Caramel	Aromatic Marshmallow
CRUNCHY	Carmel Corn	Cocoa Nibs	Fried Shallot
STARCHY	Quinoa	Forbidden Rice	Farro
HEAT	Serrano Chile	Peri-Peri	Togarashi
CREAMY	Goat Impastata	Burrata	Quark
SAUCY	Tamarind	Charmoula	Kewpie Mayo
OCEANIC	Barramundi	Mackerel	Eel
MEATY	Chorizo	Venison	Pancetta
GREEN	Bronze Fennel	Nasturtium	Sorrel
FRUITY	Green Tomato	Rhubarb	Finger Limes
SPIRITED	Pisco	Dry Oloroso Sherry	Allspice Dram
WET	Ginger Beer	Kombucha	Kefir

Unripe (Green) Mango

	Definitive	Dramatic	Daring
SAVORY	Saffron	Water Chestnuts	Smoked Paprika
SALTY	Gomashio	Shiro	Anchovy
SPICED	Za'atar	Allspice	Ras el Hanout
SWEET	Grade B Maple	Candied Bacon	Date Sugar
CRUNCHY	Peanuts	Pepitas	Wasabi Peas
STARCHY	Black Rice	Buckwheat	Amaranth
HEAT	Marash Pepper	Sambal	Gochujang
CREAMY	Cotija	Paneer	Mascarpone
SAUCY	Shoyu	Aromatic Pepper	White Miso
OCEANIC	Octopus	Dried Shrimp	Sea Urchin (Uni)
MEATY	Serrano Ham	Duck Bacon	Lamb Neck
GREEN	Pea Tendril	Watermelon Radish	Claytonia
FRUITY	Mangosteen	Pomelo	Husk Cherries
SPIRITED	Pisco	Dry Oloroso Sherry	Allspice Dram
WET	Lychee Juice	Cashew Milk	Fermented Coconut Juice

Prepared/Cooked Mango

	Definitive	Dramatic	Daring
SAVORY	Kimchi	Black Garlic	Ghee
SALTY	Bacon Salt	Sea Beans	Preserved Lemon
SPICED	Cardamom	Chinese 5-Spice	Mace
SWEET	Mochi	Cane Syrup	Gianduja
CRUNCHY	Chicharrón	Brazil Nut	Black Sesame
STARCHY	Koshihikari Rice	Purple Yam	Teff
HEAT	Harissa	Aleppo Pepper	Malagueta Chili
CREAMY	Manchego	American Brie	Halloumi
SAUCY	Agri-Dolce	Yuzu Kosho	Sofrito
OCEANIC	Amberjack	Sablefish	Sturgeon
MEATY	Guanciale	Foie Gras	Country Ham
GREEN	Lemon grass	Endive	Pineapple Mint
FRUITY	Yuzu	Limequat	Umbashi
SPIRITED	Mezcal	Ginger Liqueur	Smoked Rum
WET	Green Tea	Buttermilk	Horchata

TOP TECHNIQUES FOR MANGO PREPARATION/COOKING
 Caramelize, Roast, Braise, Brûlée, Whip, Spherification, Kulfi, Pickle, Ferment, Nitro Freeze, Aam Panna, Grill, Char

Resources & Inspiration

- Mango variety/availability, yield/cutting, menu inspiration and more on our Foodservice Hub-mango.org/foodservice
- Meet mango growers and chefs and take a farm-to-table journey thru our Mango Origin Stories
- Thanks for your attention, and come see us at the Showcase!

