

Fresh Mango Flavor Pairings

The different varieties and ripeness levels in fresh mangos provide notes of both sweet and sour, making it a versatile fruit to pair with various flavors. Use this list of compatible ingredients and techniques to discover new flavors and create delicious results.

SPICES

Cayenne
Chile powders
Chinese 5-Spice
Chipotle
Cinnamon
Cloves
Curry
Garam masala
Ginger, fresh
Indian flavors
(cardamom, asafetida, fenugreek)
Mexican flavors
(cumin, coriander, chile powder, oregano)
Nutmeg
Pepper, white
Philippine flavors
(fermented shrimp, garlic, turmeric)
Red pequin chile powder
Saffron
Salt
Star anise
Thai flavors
(hot, salty, sour, sweet)
Vanilla

HERBS

Basil
Cilantro
Lemon grass
Mint

NUTS, SEEDS

Almonds
Anise
Cashews
Macadamia
Sesame

FRUITS

Banana
Blackberries
Blueberries
Coconut
Coconut milk
Grapefruit
Kiwifruit
Kumquats
Lemon
Lime
Orange
Papaya
Passion fruit
Pineapple
Raspberries
Strawberries

VEGETABLES

Bell pepper, red and green
Cabbage, green
Chile peppers
Garlic
Jicama
Onion, red and sweet
Scallion

CONDIMENTS, SAUCES

Chutney
Harissa
Kimchi
Mustard
Olive oil
Tabasco sauce
Tamarind
Vinegar, balsamic, red wine

GRAINS, BEANS, LEGUMES

Black Beans
Oats
Quinoa
Rice

PROTEINS

Baramundi
Ceviche
Chorizo
Crab
Fish
Game
Guanciale
Lamb
Lobster
Mackerel
Pork, roasted
Prosciutto
Salmon
Serrano ham
Shellfish, shrimp
Tuna, grilled
Squab

DAIRY

Buttermilk
Cheese
Cheese, mixed milk
Cream
Crème fraîche
Kefir
Milk, evaporated
Yogurt

SWEETS

Butterscotch
Caramel
Chocolate
Honey
Maple
Mochi
Risotto
Sorbet

BEVERAGE

Cashew milk
Coffee
Ginger Beer
Green Tea
Horchata
Kombucha
Lychee juice

SPIRITED

Amaretto
Champagne
Kirsch
Orange liqueur
Rum
Sake
Sauterne
Chardonnay
Ice wine
Vodka

FLAVOR AFFINITIES

Mango + almonds + lime
Mango + basil + champagne
Mango + coconut + rice
Mango + ginger + mint + papaya
Mango + salmon + sushi rice
Mango + black pepper + lemon + mint + passion fruit

COOKING TECHNIQUES

Caramelize, Roast, Braise, Brûlée, Whip, Spherification, Kulfi, Pickle, Ferment, Nitro Freeze, Aam Panna, Grill, Char

Sources: *The Flavor Bible*, by Karen Page and Andrew Dornenburg

The Great Mango Book, by Allen Susser; mango.org



Mango.org