



2013 MANGO DAY with CHEF ALLEN SUSSER

The National Mango Board hosted a group of chefs for a day of mango immersion at the Miami Culinary Institute. [Chef Allen Susser](#), the *Mango Man*, led the group through learning and tasting exercises that showcased the versatility and excitement that fresh mango can bring to any menu.

There's really no end to the versatility of fresh mango, its alluring flavor, heady aroma, beautiful shades of color and healthful nutrition profile. Its customer appeal spans the generations, and as more consumers experience the tropical pleasure that fresh mango delivers, demand has grown. Mango consumption per capita in the U.S. has increased 32 percent since 2005 to an estimated 2.47 pounds per year in 2012.

This outline provides links to resources for learning about fresh mango. Recipes from Mango Day are included in this document. Please consider the website a resource to learn more about the National Mango Board, meet a mango tree, explore our recipe database, discover why mango is a super fruit, and find inspiration for ways to incorporate fresh mango in menus.

- Mango Sensory Tasting
 - [Mango Variety & Availability](#)

- Mango Handling
 - [Mango Yield & Cutting](#)
 - [Handling & Storage](#)

- [Mango Spice & Ripeness Exercise](#)

- Mango Recipe Demonstration & Tasting
 - Fresh Mango Condiments
 - Green Mango Chutney
 - Tropical Mango Chutney
 - Green Mango Pickles
 - Mango Chow
 - Green Mango Slaw
 - Mango Mojo
 - Mango Lime Brine
 - Mango Lime Marinade
 - Fresh Mango on Seasonal Menus
 - Summer
 - Crab and Mango Salad
 - Lobster Summer Roll
 - Mango Lassi
 - Fall
 - Thai Steak and Mango Salad
 - Mahi Mahi with Mango, Lime & Tequilla
 - Mango Souscaille
 - Winter
 - Mango Mojo Roasted Chicken
 - Mango Grilled Pork Chop
 - Mango Rum Mojito
 - Spring
 - Shrimp Mango Curry
 - Mango Macadamia Nut Rice
 - Caramelized Mango Sea Salt Sundae