



Martha Stewart Living
May 2007

In May 2007, mangos were featured in *Martha Stewart Living* as the main ingredient in the monthly feature *Dessert of the Month*. Two full pages near the front of the publication (pgs 47 - 48) were dedicated to Frozen Mango-Cream Cakes, including a series of beautiful photos and



the recipe with step-by-step instructions.

Denise Mickelson from the food editorial team of *Martha Stewart Living* was our guest during the taping of *Iron Chef America* -

Battle Mango. Kris Caputo from the National Mango Board's PR agency, Fleishman-Hillard, and William Watson, Executive Director of the National Mango Board spent SEVERAL hours with her during the taping, fully engaged in mango mania.

Denise has shared with us that mangos now come up so often in their brainstorming sessions that she wasn't surprised that the team was inspired to produce this beautiful feature.

Total Reader Impressions: 4.6 million¹

Ad Equivalency: \$190,000²

Reader demographics:

Gender: 88% female
 Age range: 35-54
 Marital Status: 65% married

¹ The estimated number of individuals who will read each issue of this publication.

² The cost of purchasing an equivalent space in this publication as paid advertising.

Dessert of the month



FROZEN MANGO-CREAM CAKES

These chilled treats may bring back memories of chasing down the ice cream truck. Sweet mango joins tart citrus and rich cream in this inspired frozen mousse that's set atop a buttery macadamia crust. The resulting dessert will make kids and adults alike come running. For the recipe, turn the page.

PHOTOGRAPHS BY AIRSTEN STRECKER

Dessert of the month

FROZEN MANGO-CREAM CAKES
 SERVES 8

To make a single large cake, use an eight-inch springform pan in place of small molds; freeze for six hours, then let stand ten minutes before serving.

FOR THE CRUST

- Vegetable-oil cooking spray
- 1 ounce salted dry-roasted macadamia nuts (about ¼ cup)
- 3 tablespoons granulated sugar
- ¼ cup all-purpose flour
- 1 tablespoon unsalted butter, melted

FOR THE MOUSSE

- ¼ cup fresh orange juice
- 1 envelope unflavored gelatin (1 scant tablespoon)
- 2 firm but ripe mangoes, peeled (each about 1 pound)
- ¼ cup granulated sugar
- 3 tablespoons fresh lemon juice
- 1 cup heavy cream
- ¼ cup confectioners' sugar

1. Preheat oven to 350°. Lightly coat inside of 8 ring molds (each about 2 inches high and 2½ inches in diameter) with

cooking spray. Place on a rimmed baking sheet lined with parchment paper.

2. Make the crust: Pulse macadamia nuts and granulated sugar in a food processor until finely ground. In a bowl, combine nuts, flour, and butter with a fork until mixture resembles coarse meal. Spoon a generous tablespoon of the mixture into each mold, and press into bottom. Bake until golden brown, about 12 minutes. Let cool.

3. Make the mousse: Pour orange juice into a small saucepan. Sprinkle with gelatin, and let stand until softened, about 5 minutes. Heat over low heat, stirring, until dissolved. Remove from heat.

4. Cut one-quarter of one mango into ¼-inch-thick slices for garnish (halve large slices); cover, and refrigerate. Coarsely chop remaining mangoes. In a blender, purée chopped mangoes, granulated sugar, and lemon juice until smooth. With machine running, add gelatin mixture in a slow, steady stream, and blend until combined. Transfer to a bowl.

5. With a whisk or an electric mixer on

medium speed, beat cream until soft peaks form. Add confectioners' sugar, and beat until soft peaks return. Whisk one-third of the whipped cream into the mango mixture. Using a rubber spatula, gently fold in remaining whipped cream. 6. Divide mousse among molds, filling three-quarters full. Cover with plastic wrap, and freeze until firm, at least 4 hours (up to 1 week).

7. When ready to serve, let cakes stand at room temperature for 5 minutes. Gently push up from bottoms to unmold. Transfer cakes to serving plates; let stand 10 minutes to soften slightly. Serve garnished with mango slices.

SEE THE GUIDE FOR SOURCES

mango prep Start with a firm but ripe mango. To remove the skin without wasting any of the juicy flesh, use a vegetable peeler. Then, with a knife, carefully slice the fruit lengthwise along both sides of the seed.



pressing crumb crust into molds



peeling and slicing mangoes



folding in whipped cream