

Mango Spread



Ingredients

4 mangoes, ripe as possible, no skin or pit*, chopped up
1 cup water
½ cup brown sugar
½ cup granulated sugar
pinch of salt
pinch of cinnamon
1 tbsp. lemon juice
1 stick unsalted butter

Procedure

1. In a non-reactive sauce pan combine all ingredients except for the butter.
2. Cook over very low heat stirring often until thick, approximately 45 minutes to an hour.
3. If desired, puree the mixture in a blender or use an immersion blender.
4. Finish by stirring in the butter.
5. Best served at room temperature.
6. Can be stored, tightly covered in the refrigerator for several weeks.
7. Serve with seafood or roasted poultry, as a topping for yogurt, cake or oatmeal, or on fresh bread.

Yields approximately 3 cups.

How to clean a mango

- Set the mango on its side. Using a sharp, thin knife insert the blade carefully on top of the pit. Readjust the angle of the knife if needed to slide your knife effortlessly over the pit. Use your other hand on top of the mango to steady.
- Flip the fruit over and do the same with the other side.
- Pick up the pit and trim off the skin and discard. Remove all the remaining chunks of fruit from the pit
- Use a large metal cooking spoon to scoop the flesh from the skins.