



Sugar Apple

Posts From The Caribbean

Mango Salad

This salad, adapted from a recipe by Madhur Jaffrey, is a lovely and unusual accompaniment to any West or East Indian curry. The coconut can be omitted if you do not have access to fresh. Dried or dessicated coconut would bring nothing to this particular party.

1 large or 2 small ripe mangoes, pitted and cut into ½-inch cubes
1 teaspoon whole black mustard seeds
1 cup plain yogurt
1 fresh hot green chile, minced
1 tablespoon finely grated fresh coconut
1 teaspoon sugar
¼ teaspoon salt
2 teaspoons vegetable oil
1 whole dried hot red chile
1 small shallot, peeled and thinly sliced

Grind $\frac{3}{4}$ teaspoon of the mustard seeds in a coffee grinder or with a mortar and pestle. Put the yogurt in a bowl and beat lightly with a fork or whisk until it's smooth and creamy. Add the ground mustard seeds, the green chile, coconut, sugar and salt. Stir in the mango.

Heat the oil in a small frying pan over medium heat. When hot, put in the remaining $\frac{1}{4}$ teaspoon of mustard seeds. As soon as the mustard seeds begin to pop put in the red chile. When they start to darken, add the shallot. Fry the shallot, stirring, until it is lightly brown. Empty the contents of the frying pan into the bowl with the mango. Stir to mix and serve at room temperature. *Serves 4-6.*

<http://www.abigailblake.com/sugarapple>

from the article *Mango Season* posted on July 2, 2009