



Sugar Apple

Posts From The Caribbean

Mango Chow

You can use a ripeish mango here but a fairly hard, green one is better. It adds a tart note that is more pleasing than the sweetness of an almost-ripe mango.

Peel a green mango and cut it into 1-inch chunks. Add a few small spoonfuls of green seasoning, some freshly ground black pepper, the juice of half a lime, and salt to taste. You can also add a scotch bonnet pepper if your green seasoning is not spicy enough for you. Mix it all up together and refrigerate until ready to serve.

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

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