

Mango Chutney

- 10 large ripe mangoes
- 1 cup raisins, seeded
- 1 cup apple cider vinegar
- 1-1/2 cups brown sugar
- 1 chili pepper (or 1/2 teaspoon dried pepper)
- 1 teaspoon powdered or 1 tablespoon fresh ginger, grated
- 2 fegs of garlic, grated
- 1 onion, finely chopped
- 2 teaspoons mustard seeds
- 2 teaspoons celery seeds
- 1-1/2 tablespoon salt

Pare and cut the mangoes in small pieces. Put all ingredients together in a crock or bowl, cover and let stand overnight. Cook next morning for three hours or until thick. Seal in sterilized jars.

Fresh ginger root chopped fine, adds more flavor than ground ginger. Yield 4 pints.

Each 1/3 cup serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
174	4	1	46	106	0

Papaya Chiffon Pie

- 1 1/4 cups cooked papaya, put through sieve
- 1/2 cup brown sugar
- 1/4 cup granulated sugar
- 1 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon ginger
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 3 eggs, separated
- 1 tablespoon plain gelatin
- 1/4 cup water
- 1 baked 9-inch pie shell
- whipped cream for garnish

Put papaya and milk in top of double boiler. Mix brown sugar, salt, ginger, nutmeg and cinnamon and combine with papaya-milk mixture. Mix well and when hot add to slightly beaten egg yolks. Return to double boiler, stir and cook until thick.

Add 1 tablespoon gelatin to 1/4 cup cold water, and when soft, add to hot papaya mixture. Mix thoroughly and cool. When it begins to stiffen, beat egg whites until stiff. Beat in granulated sugar and fold into papaya mixture. Pour into baked pie shell, chill in refrigerator. Garnish with whipped cream just before serving.

Serves 8.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
264	12	6	34	325	90

Papaya Candy

- 2 papayas, grated
- 2 cups sugar
- 1 tablespoon lime juice
- 1 teaspoon orange peel, grated
- 1 cup water

Combine the papaya with enough water to cover. Boil for 2 minutes. Strain and repeat the procedure two more times. Then drain well.

Combine sugar and 1/2 cup water. Boil until the syrup forms a thread in a glass of cold water. Add the papaya and simmer until the mixture leaves the side of the pan.

Stir in the lime juice and orange peel. Pour the mixture onto a buttered platter. Cool and shape into balls. Then roll the balls in sugar.

Serves 18.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
92	0	0	24	1	0

Mango-Papaya Mousse

- 1 cup ripe papaya pulp
- 1/2 cup half-ripe mango pulp
- 1/2 cup very ripe mango pulp
- 6 tablespoons sugar
- 2 tablespoons lemon juice
- 1/2 cup evaporated milk

Peel papaya and mangoes and press through sieve. Add sugar and 1 tablespoon lemon juice. Set aside until sugar is dissolved.

Chill evaporated milk and 1 tablespoon lemon juice in a small bowl in freezing compartment of refrigerator until small crystals appear around the sides.

Whip milk until stiff. Fold in the mango-papaya mixture. Pour into a refrigerator pan and freeze for 4 to 6 hours.

Serves 4.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
167	3	3	36	36	9

(with whole evaporated milk)

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
150	0	3	37	39	1

(with skim evaporated milk)

Papaya Cake

- 1/2 cup shortening
- 1 cup granulated sugar
- 1/4 cup brown sugar
- 3 eggs
- 1 1/2 cups hard, ripe papaya, grated
- 3 1/2 cups flour
- 4 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon vanilla essence
- 1 teaspoon almond essence
- 1/4 teaspoon ground ginger
- 1/2 cup raisins
- 2 tablespoons water
- 1 teaspoon lemon juice

In large bowl cream shortening, sugar and essence. Add eggs one at a time, beating well after each addition. Add papaya. Combine flour, baking powder, baking soda, salt and spices. Stir into papaya mixture. Add water and lemon juice. Fold in raisins.

Pour into greased floured tube-cake pan. Bake at 350° F. for 50 to 60 minutes. Cool in pan for 1 hour before removing. Let cake set until the following day before slicing.

Serves 12.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
331	10	6	55	149	53

Papaya Nut Cake

- 1/2 cup shortening
- 1 cup granulated sugar
- 1/4 cup dark brown sugar
- 3 eggs
- 1 cup hard, yellow papaya, shredded
- 1/2 cup soft, ripe papaya, mashed
- 1/8 teaspoon pumpkin pie spice
- 3 1/2 cups flour, unsifted all purpose
- 4 1/2 teaspoons baking powder
- 1 teaspoon vanilla essence
- 1/2 teaspoon almond essence
- 1 1/4 cups walnuts, chopped
- 2 tablespoons dark molasses
- 1 teaspoon baking soda
- 1 tablespoon water
- 2 tablespoons cooking oil
- 1 teaspoon cinnamon

Cream shortening and sugar until light. Add eggs, one at a time; beat well after each addition. Add almond and vanilla essence. Add nuts. Combine flour, baking powder and pumpkin pie spice; sift; gradually add to egg mixture. Batter should be stiff.

Combine water, molasses, baking soda, cooking oil and cinnamon. Gently fold into cake batter. Pour into 9" x 9" x 1 3/4" pan. Sprinkle chopped walnuts over top. Bake at 350° F. for 50 minutes. Serves 12.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
374	18	8	48	193	47

Papaya Coconut Pie

- 1 1/2 cups sugar
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cloves
- 2 eggs, beaten
- 1 cup evaporated milk
- 1 1/2 cups stewed papaya put through sieve
- 1/4 cup coconut, grated
- 1/2 cup coconut, finely grated
- 2 tablespoons honey
- 1 pastry shell

Mix first 8 ingredients in order given. Fill unbaked pastry shell and bake about 45 minutes, first at high heat for first 15 minutes and then at moderate. When nearly cooked, top with remaining coconut. Drizzle on warmed honey and return to oven to brown delicately.

Serves 8.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
361	14	5	57	323	62
(with whole evaporated milk)					

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
344	11	6	58	326	55
(with skim evaporated milk)					

Mango-Papaya Jam

- 8 cups peeled mango slices (ripe)
- 4 cups water
- 8 cups green papaya slices
- 8 cups sugar

Cook mango slices in 2 1/2 cups water until tender. Press through a coarse strainer. Cook the papaya in the remaining water until soft.

Combine papaya and mango, add sugar, and cook slowly until of proper consistency for jam. Pack in hot sterile jars and seal with paraffin.

Makes approximately 20 cups.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
47	0	0	12	0	0

(per one tablespoon)

Mango Chiffon Pie

- 1 cup sweetened green mango sauce
- 4 eggs, separated
- 3/4 cup sugar
- 1 tablespoon gelatin
- 1/4 cup cold water
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- 1 baked 9-inch pie shell
- 1/2 cup sweetened whipped cream

Soak gelatin in 1/4 cup cold water. Press mango sauce through a sieve. Beat egg yolks slightly. Add the mango sauce and 1/4 cup sugar. Cook the mixture over hot water until it thickens. Add gelatin. Stir until gelatin dissolves, remove from heat.

Add lemon juice and cool. Add salt to egg whites, beat until stiff, then beat in remaining sugar. When the gelatin mixture begins to thicken, fold in the egg whites, and pour into the pie shell. Place the pie in the refrigerator to chill.

Before serving spread the top with sweetened whipped cream. Serves 5-6.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
354	14	7	50	414	146

Mango Brown Betty

- 2 cups half-ripe mango slices, firmly packed
- 3 tablespoons butter or margarine
- 2/3 cup bread crumbs, divide into 3 equal parts
- 3/4 cup brown sugar
- 1 teaspoon cinnamon
- 1 lemon rind, grated
- 1 tablespoon lemon juice
- 2 tablespoons water

Melt butter or margarine and add bread crumbs. Place a thin layer of buttered crumbs in an oiled baking dish and add a layer of mango. For firm mangoes, sprinkle with 1 tablespoon water.

Combine sugar and cinnamon. Sprinkle the fruit with half the sugar mixture, lemon juice and rind. Add another layer of crumbs and repeat process. Top with remaining bread crumbs.

Bake in a 350°F. oven until mangoes are soft, about 1 hour.

Serves 6.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
252	6	2	49	149	15
(with butter)					
Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
252	6	2	49	157	0
(with margarine)					

Sweet Mango Relish

- 1 quart green mature mangoes, chopped
- 1 large onion
- 2 large sweet red peppers
- 1 tablespoon salt
- 2 teaspoons mustard seeds
- 2 teaspoons celery seeds
- 3-4 cups sugar
- 1 cup vinegar
- 2 cups raisins (optional)

Peel green mangoes, cut from seed, chop or put through coarse blade of food chopper enough to make one quart. Chop or grind onions and sweet red peppers. Add one tablespoon of salt, one tablespoon each white mustard seed and celery seed, four cups sugar and one cup vinegar. Two cups raisins may be added if desired.

Combine all ingredients. Bring to a boil for 10 minutes. Let stand overnight. Next morning cook until slightly thickened. Pack while hot into sterilized jars. Cool. Seal.

Makes 4 pints.

Each 1/2 cup serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
156	.4	.8	41 (with raisins)	3	0
Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
128	.3	.5	34 (without raisins)	2	0

Mango Drop Nectar

Permit drops to turn yellow; collect. Wash and slice fruit with skin from seed. Chop in blender with 1/2 cup water added.

Strain through cheese cloth or fine strainer. Add water and sugar to taste. Chill and serve. To make sauces and pie filling, handle as you would mature or ripe fruits.

The term "drop" refers to young fruits that fall from the tree before the mature stage.

Mango Drop Dessert

Peel fruit, slice and soak in salted water overnight to remove excess acid. Rinse well. Cook in light syrup until soft. Chill. Serve with custard sauce.

Nutrient composition for mango drops is unavailable.

Mango Ice Cream

- 4 eggs
- 2 1/2 cups sugar
- 4 cups half and half (milk)
- 4 cups heavy cream
- 2 1/2 cups ripe mango chunks
- 2 tablespoons vanilla essence
- 1/2 teaspoon salt

Beat eggs until fluffy. Add sugar and salt. Blend in half and half, heavy cream and vanilla essence. Add 2 1/2 cups mango chunks. Cool and chill. Pour into ice cream freezer and churn until stiff.

Serves 24.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
302	20	3	28	87	105

Mango Jam

- 12 cups half-ripe or ripe mango slices
- 4 cups water
- 6 cups sugar

Add water to mango slices and cook about 15 minutes or until tender. Press the mixture through sieve, add sugar, and boil until thick and of proper consistency for jam. Pour into hot sterile jars and seal with paraffin.

Makes approximately 16 cups.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
50	0	0	13	0	0

(per one tablespoon)

Sweet Spiced Papaya Pickle

Prepare the fruit and cook as for preserves. When fruit is clear and syrup thick, remove fruit and add 1/2 to 3/4 cup apple cider vinegar for each pint of syrup, and whole spices as follows:

- 1 tablespoon whole cinnamon,
- 1 teaspoon each cloves and allspice tied loosely in a cheesecloth and pound lightly.

Boil for ten minutes, then add papaya and cook another ten minutes. Let stand overnight. Bring to a boil, transfer fruit to hot, sterile jars, add hot syrup and seal at once.

Each 1/3 cup provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
197	.2	.4	49	31	0

Spiced Mango Pickle

- 1-1/2 cups white vinegar
- 1-1/2 cups water
- 3 cups sugar
- 5 small sticks cinnamon, or 1/2 teaspoon ground cinnamon
- 1 tablespoon whole cloves
- 1/4 teaspoon salt
- 1 teaspoon chopped fresh ginger root
- 1/4 teaspoon nutmeg
- 3 pounds peeled, sliced green mangoes (6 slices from each of 17 mangoes)

Combine all ingredients except mangoes. Boil syrup for five minutes. Add sliced mangoes; cook until tender and clear, 30 to 45 minutes. Strain off syrup. If mangoes are sour add 1/4 to 1/2 cup more sugar to syrup. Pack mangoes into hot sterilized jars. Add syrup and seal. Yield 3 pints.

Six slices provide:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
182	.2	.4	49	31	0

Sapodilla (Mesple) Pudding

- 1/2 cup butter
- 2 cups milk
- 1 cup sapodilla (mesple) pulp
- 2/3 cups sugar
- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/8 teaspoon baking soda
- pinch of cinnamon

Cream butter and sugar. Combine flour and baking powder. Add to sugar mixture alternately with milk. Combine baking soda and sapodilla (mesple) pulp. Add to mixture. Add cinnamon; mix well and bake on low temperature at 200-250° F. for 1 hour.

Serves 8.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
318	14	5	45	249	39

(with butter and whole milk)

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
303	12	5	45	267	1

(with margarine and non-fat milk)

Baked Custard With Sliced Mangoes

- 2 cups milk
- 1/4 cup sugar
- 1/8 teaspoon salt
- 2 eggs
- 1/4 teaspoon vanilla essence
- 1 cup sliced ripe mangoes

Heat milk to the simmering point and add sugar and salt. Beat eggs slightly and add to hot milk. To add eggs pour a little hot mixture over eggs, pour back into cooking container while stirring. Add vanilla.

Place mango slices in bottom of custard cups or baking dish and pour custard over slices.

Set dishes in a pan of water and bake in a slow oven (300° F.) about 1 hour. To test, insert a knife blade, and if it comes out clean, remove the custard from oven. Cool and serve.

Serves 6.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
134	5	5	19	106	82
(with whole milk)					

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
112	2	5	19	108	72
(with non-fat milk)					

Mango Sherbet

- 2 cups sugar
- 3/4 cup water
- 2 cups thick green mango sauce
- 1/3-1/2 cup orange or pineapple juice
- 3 cups milk
- 1 egg white

Dissolve sugar in water by bringing to the boiling point. Add juice. Cool the syrup. Add fruit and milk. Add the unbeaten egg white.

Pour into freezing container and freeze, using 8 parts of ice to 1 part of rock salt. The mixture may curdle, but this does not affect the finished product.

For freezing in a mechanical refrigerator, dissolve 2 cups sugar in water and combine with fruit and milk. Pour into freezing tray and freeze quickly.

When partially frozen, beat egg white until stiff. Add 1/2 cup sugar and beat until sugar is dissolved. Fold into mango mixture. Continue freezing. Stir every half hour until frozen to sherbert stage.

Yield: 1 1/2 quarts. Serving size: 1 cup.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
374	4	5	84	73	16

(with orange juice and whole milk)

Mangoes are a good source of vitamin A and Beta Carotene.

Mango Upside-Down Cake

- 2 cups sliced ripe mangoes
- 2 tablespoons lemon juice
- 1 tablespoon margarine
- 1/3 cup brown sugar
- 1/4 cup butter or margarine
- 1/2 cup sugar
- 1 egg, beaten
- 1/2 cup milk
- 1 1/4 cups flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt

Pour lemon juice over mangoes and let stand 15 minutes. Melt margarine in 8-inch cake pan or casserole (do not use iron skillet as mangoes will darken). Add brown sugar and cover with mango slices.

To prepare cake batter, cream butter or margarine and sugar; add beaten egg. Sift dry ingredients and add alternately with milk. Pour over mangoes and bake 50 to 60 minutes at 375° F. When cake is done, turn upside down and serve while warm.

Serves 8.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
276	9	4	48	246	44

(with butter and whole milk)

Mango Sauce

- 3 pints green mangoes, peeled and sliced
- 1 cup water
- 1 1/2 cups light brown sugar **OR**
- 3/4 cup light brown sugar and
- 3/4 cup corn syrup

Steam or cook green mangoes in water until tender. The green mango is very acid and gives the best product. Many varieties cook quickly to a mush.

Sweeten mangoes according to acidity and family preferences and cook for 5 minutes longer. Serve like applesauce as a dessert, or use for mango sauce cake, in sherbert, mousse, or in ice cream.

To Can:

Pack the boiling hot sauce in hot sterilized jars; seal and immediately process in water-bath 10 minutes at boiling. The fruit may be canned sweetened or unsweetened, as preferred. If the mangoes are stringy, press through a sieve to remove fiber.

To Freeze:

Cool sauce. Pack in freezer containers. Seal, label and freeze.

Serves 16 (approximately 1/2 cup sauce per serving).

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
140	0	0	36	8	0

Papaya Custard

- 2 cups milk
- 1 1/2 cups papaya
- 1 egg
- 1 teaspoon vanilla essence
- sugar to taste

Place the first 4 ingredients in blender, blend until smooth, 1-2 minutes. Add sugar to taste. Blend a minute longer. pour at once into custard or quart-size mold. Chill, serve as is or with whipped cream.

Serves 4.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
208	5	6	35	77	70

(with 1/2 cup sugar and whole milk)

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
176	2	6	36	80	55

(with 1/2 cup sugar and non-fat milk)

Papaya is a good source of vitamin A and Beta Carotene.

Papaya Pie

- 1 quart raw thinly sliced, mature papaya
- 3/4 cup sugar
- 1/4 teaspoon nutmeg, grated
- 1/8 teaspoon salt
- 1/8 teaspoon cinnamon
- 2 teaspoon flour
- 1 tablespoon water
- 1 tablespoon butter

Pastry

- 1 1/2 cups flour
- 1/2 cup shortening
- 1 teaspoon lemon or lime juice added to water
- 1/2 teaspoon salt
- sufficient ice water to mix (5 tablespoons)

Peel and slice papaya as you would slice an apple for making apple pie. Line pie plate with pastry. Fill with sliced papaya, cover with mixture of spices, sugar, salt and flour. Add 1 tablespoon water and dot with butter. Lime or lemon juice gives a flaky tender crust.

Bake 50 minutes or until the fruit juice looks clean and thick. Start at 450 ° F. then reduce heat to allow the fruit to cook slowly but thoroughly. This has a flavor of peach or pineapple, or both combined yet is not exactly like either. It is a delicious dessert served with ice cream. Serves 8.

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
308	14	3	43	184	4