



Let's Do This at Home!

Recipes and Inspiration That Make it Easier to Stay at Home
Edition # 33

Mangoes are one of the most popular fruits in the world and it's easy to see why. This soft, tangy, and juicy fruit adds a touch of the tropics to both savory and sweet dishes, perfect for summer meals!

Shrimp, Jicama, and Mango Salad

$\frac{3}{4}$ cup water
2 teaspoons salt
 $1\frac{1}{2}$ pounds large shrimp, shelled
1 small jicama (about $\frac{3}{4}$ pound), peeled and cut into $\frac{1}{4}$ -inch dice
1 mango, peeled and cut into $\frac{1}{4}$ -inch dice
 $\frac{1}{2}$ cup chopped cilantro
6 tablespoons lemon juice
 $\frac{1}{2}$ teaspoon Dijon mustard
 $\frac{1}{4}$ teaspoon fresh-ground black pepper
 $\frac{1}{4}$ cup olive oil

In a large frying pan, bring the water and $\frac{3}{4}$ teaspoon of the salt to a boil. Add the shrimp, cover, and bring back to a boil. Cook, covered, over moderate heat for 1 minute. Stir. Continue cooking until the shrimp are just done, about 2 minutes longer. Drain. When the shrimp are cool enough to handle, cut each one in half lengthwise and then in half crosswise.

Put the shrimp in a large glass or stainless-steel bowl and add the jicama, mango, and cilantro.

In a small glass or stainless-steel bowl, whisk together the lemon juice, the mustard, the remaining $1\frac{1}{4}$ teaspoons of salt, and the pepper. Add the oil slowly, whisking. Just before serving, add this vinaigrette to the shrimp mixture and toss. Serves 4.

Mango Fool

1 cup pureed mango
 $\frac{1}{2}$ cup whole milk yogurt
 $\frac{3}{4}$ cup heavy cream
2 tablespoons sugar
Kosher salt

In a medium bowl, whisk together $\frac{3}{4}$ cup of the pureed mango and yogurt. In a separate bowl, whisk the cream with the sugar and salt until it just holds stiff peaks. Fold the cream into the mango mixture. Divide the fool between 4 (4- to 5-ounce) glasses and chill until stiff, 1 hour. Divide the reserved 4 tablespoons mango puree between the glasses and serve.

Chicken, Mango, and Rice Salad

1½ cups rice, preferably short grain
1⅓ pounds boneless, skinless chicken breasts
⅓ cup plus 1 tablespoon cooking oil
1¼ teaspoons salt
¾ teaspoon fresh-ground black pepper
¾ cup chopped red onion
1 mango, peeled and cut into ½-inch dice
1 avocado, peeled and cut into ½-inch dice
3½ tablespoons lime juice (from about 2 limes)
¾ cup chopped cilantro

In a large pot of boiling, salted water, cook the rice until just done, 10 to 15 minutes. Drain. Rinse with cold water. Drain thoroughly.

Coat the chicken with the 1 tablespoon oil. Season with ¼ teaspoon each of the salt and pepper. Heat a grill pan over moderate heat. Cook the breasts until just done, 4 to 5 minutes per side. Alternatively, heat the tablespoon of oil in a large frying pan and season and cook the chicken as directed above. When the chicken is cool enough to handle, cut it into ½-inch dice.

Toss the rice with the chicken, onion, mango, avocado, the ⅓ cup oil, the remaining 1 teaspoon salt and ½ teaspoon pepper, the lime juice, and cilantro. Serves 4.

Fresh Mango Salsa

3 mangoes, peeled, pitted, and cut into ½-inch dice
1 red bell pepper, stemmed, seeded, and finely diced
½ jalapeño, stemmed and finely diced
3 tablespoons finely diced red onion
¼ cup chopped fresh cilantro leaves
2 tablespoons fresh lime juice
1 tablespoon extra-virgin olive oil
Kosher salt

In a large bowl, combine all ingredients and season with salt and pepper. Refrigerate for at least one hour and serve. Yield: About 3 cups

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