



# 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.

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## 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.

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## 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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