

## 05/16/13 - Mango Salsa

Right now red colored mangoes are in season. This week they were featured at many of my favorite markets. Ripe mangoes have just enough firmness to bite, a velvety mouth feel, and sweet exotic taste with enough acid to make them utterly irresistible. This salsa or chunky salad is crafted from ingredients you may have on hand. Mango, red bell pepper for crunch and vegetable taste, lime juice for sweet acidity, jalapeño or Poblano for a little heat, cilantro for some sophistication. I also



Mango salsa is great served with steak, chicken, fish, turkey burgers, anything grilled. It is beautiful to look at, the bright colors compliment any plate of food, it is a barbecue party staple at our home.

serves 6 to 8

3 large ripe red mangos

1 red bell pepper

1 jalapeño

1 dark green Poblano chili

1 Hass avocado

2/3 cup chopped cilantro

2 juicy limes

Peel mangoes with vegetable peeler, Using a chef's knife slice off four sides. Cut as much of mango as you can off large pit without getting into the stringy hard part. Dice mango in 1/2 inch cubes and place in medium bowl. To prepare bell pepper, first cut off stem end and bottom end. Slice vertically into pepper and remove it entirely from seeds. Slice pepper julienne and finish dicing into small pieces, about 1/4 inch size. Next, slice sides off jalapeño, discard stem and seeds. Mince jalapeño. Repeat procedure for Poblano chili.

Dice avocado, and add chilies and avocado to bowl with mango. Add cilantro to bowl. Lastly squeeze limes into a cup and season salsa with as much lime juice as you prefer. Gently toss and serve. You can make this a couple of hours ahead,





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