



Recipes

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Mango Chutney

Serves 1

Ingredients:

1 lb. Mangos , peeled , flesh diced
1 cup Red Onion , small diced
1 cup Sugar
1 cup White Vinegar
1/2 tsp. Ground Ginger
1/2 tsp. Cinnamon , ground
1/2 tsp. Nutmeg , ground
1/2 tsp. Red Chili Flakes
1/4 tsp. Clove , ground

Directions:

1. In a medium saucepan over medium heat, add all ingredients. Stir to combine. Bring to a simmer and allow to reduce until thick and syrupy, stirring occasionally, about 40 minutes.