



#FOOD & RECIPES

# Summertime mango recipes

The mango season has arrived and with it comes the opportunity to try some delightful recipes. Here are a few cool and refreshing recipes by Sharmila Basu Thakur from Food Farishta, the YouTube channel.

## POMFRET WITH RIPE MANGO

### Ingredients

- 6 pieces pomfret (if small, whole fish can be used)
- 3 tbsp white oil
- 1 tsp mustard seeds
- 2 tbsp curry leaves
- 1 tsp grated ginger
- 2 dry red chillies
- 5 tbsp lime juice
- 3-4 green chillies
- 3 tbsp coriander leaves
- 2 ripe mangoes (cut lengthwise)

### Method

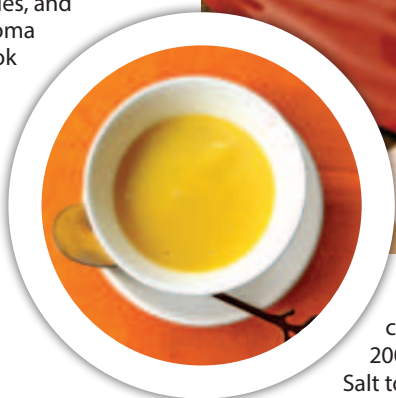
Wash and marinate fish with salt, 3 tablespoons of lime juice, and grated ginger for 15 minutes. Heat oil in a pan. Put mustard seeds, red chillies, and curry leaves. Stir until an aroma is released. Add fish and cook for some time. Add mango, lime juice, salt, and water. Cook for 5-10 minutes. Sprinkle coriander leaves and green chilli before removing from heat.

Ideal with rice in summer.

## STEAMED PRAWN WITH RAW MANGO

### Ingredients

- 250g small prawns
- 1 large, raw mango (sliced lengthwise)
- 1 large onion (chopped)
- 2 dry red chillies
- 1 tsp mustard seeds
- 2 tbsp curry leaves
- 2 tbsp white oil



- 2 tsp chopped green chillies
- 200ml coconut milk
- Salt to taste
- A pinch of sugar

- Water, as required
- Coriander leaves, as required

### Method

In a blender, blend prawn with salt. Make small balls and steam using a steamer.



Keep aside. Heat oil in a pan. Add mustard seeds, curry leaves, and dry red chilli for tempering; now add chopped onions, and fry for a while.

When the onion becomes transparent, add mango slices, salt, and sugar and stir over medium heat. Add water. Cover and cook for 5-7 minutes. When the mango becomes soft, add prawn balls, and coconut milk. Mix nicely, sprinkle coriander leaves,

chopped green chilli before removing from heat. Serve with rice.

## FISH WITH RAW MANGO

### Ingredients

- 250g fish (chhala, banspata, kajli or mourala)
- 1 raw mango (peeled and sliced lengthwise)
- 1 tsp mustard seeds
- 2 dry, red chillies
- 2 tbsp mustard oil
- ½ tsp turmeric powder
- Salt and sugar, to taste

### Method

Wash fish; mix salt and turmeric powder with it. Heat oil in a pan. Put mustard seeds and red chillies for tempering. Add mango, stir and put water. Add salt and sugar, cover and cook for some time. When mango gets tender, add marinated fish and cook for 10 minutes. Serve hot with rice.

## MANGO FOOL

### Ingredients

- 4 raw mangoes (medium sized)
- 400g condensed milk
- Powdered sugar, to taste (depending on the mango)
- Aam ada (mango ginger), for flavour. If not available, mango flavour can be used or skip this.

### Method

Boil whole raw mango with skin. Scoop out the flesh, cool it, keep it in the fridge for some time. Mix cold condensed milk, mango pulp, and sugar with a hand blender. Divide the mixture in serving bowls, keep it in the fridge at least for 4-5 hours.

Ideal dessert for summer.

**Recipe by Sharmila BasuThakur**  
**Photo: Sharmila BasuThakur**