

# CALYPSO<sup>®</sup> MANGO 'LOVERS BOOK'

RECIPES, TIPS & TRICKS FOR  
CALYPSO MANGO LOVERS



For more great Calypso<sup>®</sup> recipes visit [perfection.com.au](https://perfection.com.au)

# INTRODUCTION TO CALYPSO®

Mango lovers rejoice! Calypso® mangoes, the variety with more mango and less seed, are back in season. The perfect Summer time fruit, Calypso® mangoes are grown in the Australian tropics. Calypso® mangoes have irresistibly sweet flesh that's firm and without the stringy bits that get stuck in your teeth.



**WHERE CALYPSO® MANGOES ARE GROWN**





# WHY WE LOVE CALYPSO®

1

CALYPSO® MANGOES  
HAVE A UNIQUE  
'BLUSH'

2

THEY ARE SILKY  
SMOOTH WITH A FIRM  
TEXTURE, PERFECT  
FOR COOKING

3

THERE IS MORE  
MANGO, LESS SEED  
WITH OUR CALYPSO®  
MANGOES

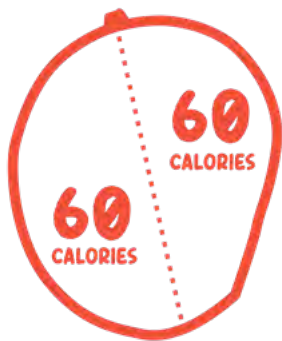


# NUTRITIONAL FEATURES



Calypso Mangoes are high in energy, low in fat, and are a great source of calcium and vitamins essential to a healthy lifestyle.

Sink your teeth into a juicy Calypso mango, with more flesh and less seed.



**HALF A MANGO CONTAINS  
ONLY 60 CALORIES**



**3X RECOMMENDED  
DAILY INTAKE OF VITAMIN  
A AND C**



**PROVIDE MORE  
BETA-CAROTENE THAN ANY  
OTHER FRUIT**



**RICH IN VITAMIN  
C AND E**



**RICH SOURCE OF FIBRE AND  
POTASSIUM**

# HOW RIPE IS MY MANGO?

## STAGE 1



**HARD & GREEN**

HARD FRUIT WITH GREEN SKIN

**GREAT FOR SALADS & PICKLING**

SQUEEZE TEST	SNIFF TEST	FLAVOUR
HARD	NO MANGO AROMA	TART

## STAGE 2



**FIRM & PALE YELLOW**

PALE YELLOW SKIN & FRECKLES STARTING TO SHOW

**GREAT FOR BBQ, STIR FRY & BAKING**

SQUEEZE TEST	SNIFF TEST	FLAVOUR
FIRM WITH A SUBTLE GIVE	MILD MANGO AROMA	TART

## STAGE 3



**SOFT & GOLDEN**

LIGHT - GOLDEN YELLOW WITH BLACK FRECKLES

**READY TO EAT**

**GREAT FOR EATING, SMOOTHIES, DRINKS, JAMS, & DRESSING**

SQUEEZE TEST	SNIFF TEST	FLAVOUR
SOFT	STRONG MANGO AROMA	TART



# HOW TO CUT CALYPSO®

CLICK ON IMAGES TO WATCH VIDEO

## CUT THE CHEEKS

Choose your Calypso Mango and slice the cheeks by cutting straight down from stem to beak.



## HEDGEHOG CALYPSO®

Choose your Calypso Mango and slice the cheeks by cutting straight down from stem to beak.

## DICE CALYPSO

Scoop out the cheeks and dice by cutting horizontally and vertically.



## SLICE CALYPSO

Scoop out the cheeks and slice by thinly cutting in one direction.

# SMOOTHIES

## INGREDIENTS LIST

2 people

5 Min

Simple

0 Min

### CLASSIC CALYPSO® MANGO SMOOTHIE

- 1 Calypso® Mango, peeled, chopped
- ½ banana, peeled, sliced
- 1/3 cup (90g) Greek yoghurt
- 2/3 cup (160ml) milk
- 2 tbs (18g) raw rolled oats
- 1 tbs (20ml) honey
- 4 ice cubes
- 1 Calypso® Mango, peeled, thinly sliced, to serve

### CALYPSO® MANGO & PAPAYA SMOOTHIE (DAIRY FREE)

- 1 peeled, chopped Calypso® Mango,
- ½ cup chopped fresh papaya,
- ¾ cup (180ml) chilled orange juice,
- 1/2 lime,
- 1 tbs (20ml) honey
- 4 ice cubes

### CALYPSO® MANGO, BANANA & VANILLA SMOOTHIE (DAIRY FREE & VEGAN )

- 1 peeled, chopped Calypso® Mango,
- 2/3 cup (160ml) chilled unsweetened pineapple juice,
- ¼ cup (70g) Greek yoghurt,
- 1 tbs (20ml) honey,
- 1 tbs fresh mint leaves
- 4 ice cubes

## METHOD

1. Combine all the ingredients in a blender.
2. Blend until smooth.
3. Pour into chilled glasses or jars. Top with extra mango. Serve.





# CALYPSO® MANGO POPS

24 people

10 Min +  
4 hrs freezing

Simple

0 Min

## INGREDIENTS LIST

- 4 Calypso® mangoes
- 200g dark, milk, or white chocolate, melted
- Toasted flaked coconut, toasted sesame seeds or sprinkles

## METHOD

### STEP 1

Cut the cheeks from the mangoes. Cut each cheek into 3 wedges. Remove the skin in. Carefully insert paddle pop stick into each wedge. Place onto a tray lined with baking paper. Cover with plastic and freeze for 4 hours until frozen.

### STEP 2

Dip mango wedges into the chocolate, turning quickly to coat. Sprinkle with coconut, seeds or sprinkles. Stand 5 minutes then serve. Alternately, refreeze until ready to serve.

### TIP

Mango pops will keep 1 month in the freezer in an airtight container.





# CALYPSO® MANGO, AVOCADO & HALOUMI BREAKFAST TOAST

2 people

10 Min

Simple

6 Min

## INGREDIENTS LIST

- 1 Calypso® mango
- 2 Qukes® baby cucumbers
- 1 small avocado, mashed
- 1 tbs olive oil
- 200g haloumi, thinly sliced
- 4 slices grain sourdough , toasted
- Chilli flakes & toasted sesame seeds, to serve
- Lime wedges, to serve

## METHOD

### STEP 1

Cut the cheeks from the mangos. Using a large spoon, remove the mango fruit from the cheeks, thinly slice the fruit.

### STEP 2

Cut the Qukes in half lengthways. Turn cut side down onto the board. Use a wide blade knife to smash the Qukes into rough pieces. Stir in the avocado.

### STEP 3

Brush the haloumi with oil. Heat a non-stick frying pan over medium-high heat. Add haloumi, cook 2-3 minutes each side until golden.

### STEP 4

Spread toast with avocado and Qukes® mixture. Top with haloumi and mango. Sprinkle with chilli and sesame seeds. Squeeze over lime. Serve.

## TIP

For a sweet breakfast option, top sour dough with cottage cheese and sliced mango. Sprinkle with thyme and drizzle with honey.



# CALYPSO® & BAKED RICOTTA WITH PISTACHIO

4 people

15 Min + 2 hours chilling

Simple

20 Min

## INGREDIENTS LIST

- 500g piece fresh ricotta
- 1 tbs (20ml) olive oil
- 1/2 long red chilli, finely chopped
- 2 tbs thyme leaves
- 3 tbs (60ml) honey
- 4 Calypso Mangoes

## PISTACHIO CRUMBLE

- 1/3 cup (55g) pistachio kernals, chopped
- 3/4 cup (115g) self-raising flour
- 60g butter, chopped
- 3 tbs (55g) brown sugar

## METHOD

### STEP 1

Preheat oven 180°C fan forced. Press the ricotta into a 5cm deep, 9cmx19cm (base) loaf pan lined with baking paper. Combine the oil, chilli, half the thyme and 1 tablespoon honey. Season with salt and pepper. Spoon over the ricotta. Bake 20 minutes or until golden around the edges. Refrigerate 2 hours until firm.

### STEP 2

For the crumble; combine the flour and butter in a bowl. Use fingertip to rub butter into the flour until it resembles coarse crumbs. Stir in the sugar and pistachios. Spread onto a lined baking tray. Bake 12-15 minutes until golden. Set aside to cool.

### STEP 3

Cut the cheeks from the mangos. Using a large spoon, remove the mango fruit from the cheeks, chop the fruit. Slice the ricotta into pieces. Arrange the mango and ricotta between 4 serving plates. Scatter over the crumble. Combine remaining honey with remaining thyme and drizzle over the crumble. Serve.





# TANDOORI PORK WITH CALYPSO® AND QUKE® SALSA RECIPE

4 people

20 Min

Simple

20 Min

## INGREDIENTS LIST

- 2 tbs (40ml) vegetable oil
- 1 small brown onion, finely chopped
- 600g pork mince
- 3 tbs (54g) tandoori paste
- 4 naan bread
- 1 cup (260g) Greek yoghurt
- Lemon wedges, to serve, optional

## MANGO SALSA

- 1/4 cup mint leaves, shredded
- 1/2 lemon, juiced
- 1/2 long green chilli, thinly sliced
- 2 Calypso® Mangoes, peeled, dice
- 3 Qukes® baby cucumbers, halved lengthways, sliced

## METHOD

### STEP 1

For the salsa, combine all ingredients together. Cover and refrigerate until ready to serve.

### STEP 2

Cut the Qukes in half lengthways. Turn cut side down onto the board. Use a wide blade knife to smash the Qukes into rough pieces. Stir in the avocado.

### STEP 3

Meanwhile, brush both sides of the naan with remaining oil. Chargrill, pan fry or barbecue both sides of naan until lightly charred. Remove to a board.

### STEP 4

Spread the warm naan with yoghurt, top with tandoori mince. Spoon over mango salsa. Serve with lemon wedges.





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[WWW.PERFECTION.COM.AU](http://WWW.PERFECTION.COM.AU)  
FOR MORE CALYPSO<sup>®</sup> INFO  
AND RECIPES

