

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



PICKLED MANGO (HAWAII STYLE)

Prepared for the Edible Academy Pickle Event by Kini
Kahauolopua of Paakai LLC

Makes 12oz

Ingredients:

- 1 green mango
- 2 cups water
- ½ cup apple cider vinegar
- ½ cup rice vinegar
- 2 cups sugar
- 3 tbs salt, Kosher or Hawaiian
- 1 tbs Li Hing powder.

Instructions

Peel and slice mango on a mandolin.

Then place into a large bowl and toss with the Li Hing Powder.

Make pickling solution by adding water, rice vinegar, apple cider vinegar, sugar and salt. Bring to a boil, constantly stirring to dissolve the sugar and salt.

Pour solution over sliced mango and let cool. Transfer to jars or selected containers and store in the refrigerator.

Refrigerate minimum 24 hours before you eat