



## The Edible Garden with Alison Alexander

If there is one fruit that signifies summer in Queensland it must be the mango. Although there has been significant work done in developing new varieties in recent years, it is the “Bowen” or Kensington Pride” that is the most popular as this variety is stringless, rich golden in colour and has an amazing aroma and flavour.

Mangoes are grown in many places in Australia and on the east coast plantations can be seen northwards from the NSW Northern Rivers area. I have a large collection of recipes for mangoes and each year I tend to make a different chutney although some of the past firm favourites are often made again.

This, of course, results in far too much chutney but always gives me a handy gift. Mango flesh freezes well, and I process it as puree, diced and half cheeks and these can be used over yoghurt for breakfast, dolloped onto a large tray cake or mixed into a salad dressing or with yoghurt and spices for a quick prawn or chicken marinade. Mango jam on its own is not one of my favourites but I do like it combined with apricots, passionfruit, or golden fleshed peaches.



My food dehydrator works overtime drying fruit at this time of the year with stone fruit, pineapple and mangoes which are delicious to nibble on later in the year. I have dried my first batch of tomatoes and look forward to doing more in the next couple of months using excellent Roma tomatoes from the Granite Belt.

Whilst Thai and Vietnamese cuisines are famous for their use of green mangoes, the salad below uses good ripe fruit. Do not be put off by the number of ingredients and if time does not allow you can skip the marinating step for the rump. This is such a versatile salad, and the beef can be substituted with chicken, prawns, or fried tofu. When mangoes are not in season a really good ripe pineapple works very well. The salad can be made a few hours ahead and

refrigerated until ready to serve.

Making mango chutney now will give you a year long supply and a few jars to give away. I add a spoonful to a meatloaf or hamburger mixture, stir it into mayonnaise for a quick dressing and it really does make the best sandwich – corned beef and mango chutney! The mango season is drawing to a close so buy up quickly.

### Beef, Mango and Noodle Salad

750g rump steak  
180g dried soba noodles  
1-2 teaspoons sesame oil  
2 large mangoes  
½ continental cucumber  
2 carrots, finely grated  
1 punnet cherry tomatoes, cut in half  
2 handfuls finely shredded wombok or cabbage  
2 green onions, finely sliced  
½ cup coriander leaves  
½ cup mint leaves, torn in half by hand  
¼ cup Vietnamese mint leaves  
¼ cup roasted unsalted peanuts, roughly chopped

### Marinade:

1 tablespoon finely grated ginger  
1 clove garlic, crushed  
2 tablespoons soy sauce  
2 tablespoons peanut, rice bran or canola oil  
1 tablespoon brown sugar  
2 tablespoons lime juice  
1 tablespoon fish sauce  
1 tablespoon sesame oil

### Salad Dressing:

1 clove garlic, crushed  
¼ cup lime juice  
¼ cup peanut, rice bran or canola oil  
2 tablespoons fish sauce  
1 dessertspoon honey

1. Trim the rump and place in a glass bowl. Combine all marinade ingredients and pour over the rump steak. Cover with plastic wrap and refrigerate for up to 12 hours.
2. Bring a saucepan of water to the boil and cook the soba noodles for about 3-4 minutes or until just cooked. Drain and rinse under cold water then drain well and place in a large mixing bowl. Pour over the sesame oil and toss to coat well. Cook the rump steak no more than medium rare by preferred method – barbecue, grill or pan fry. When cooked rest the meat for 15 minutes before cutting into thin slices and add to the noodles.
3. Cut the sides off each mango as close to the seed as possible and cut a cross hatch pattern into the flesh and then scoop out with a large spoon. Add this to the noodles. Cut the cucumber in half lengthwise and using a teaspoon scoop out the seeds then cut into .5cm slices and add to the noodles with the remaining ingredients except the lime wedges.
4. Combine all the dressing ingredients in a small mixing bowl and whisk together then pour over the salad. Toss gently and pile the salad onto a serving plate and accompany with the lime wedges.

### **Mango Chutney**

6 large mangoes, peeled and flesh roughly chopped  
 1kg brown sugar  
 750ml cider vinegar  
 750g seedless raisins or sultanas  
 1 large onion, very finely chopped  
 100g finely grated ginger  
 3 large chillies, finely chopped  
 50g garlic, very finely chopped  
 1 teaspoon ground allspice  
 1 teaspoon salt

1. Place all ingredients in a large preserving pan and slowly bring to the boil. Reduce heat and continue cooking until all ingredients have softened and most of the liquid has evaporated. The mixture will thicken more on cooling.
2. Remove the pan from the heat and spoon the chutney into sterilized jars and seal immediately. Leave to cool then store in a dark, dry, and cool place for a few weeks before using – if you can wait that long.

**Note:**

- The sugar can be reduced to 750g is preferred.