

Mangos: Just Desserts For Lovebirds

(NAPSA)—Few things can stir up a romance like cooking. But what foods should you make for your sweet?

It seems ancient people had an answer: mangos. Considered a “food of the gods” in ancient writings, cooking with mangos can show that special someone you care enough to do something out of the ordinary.

Available year-round, mangos bring the sultry taste of the tropics to any dish, anytime of the year. With delicious varieties available and in good supply, they can be a great way to reward your loved ones and taste buds with sweetness.

Try this recipe made with juicy, sensual mangos. Silky smooth Buttermilk Panna Cotta with Mango Sauce offers an intriguing combination of bold, tangy buttermilk with sweet and tropical mango sauce. It’s a lively ending to a romantic dinner for two.

Buttermilk Panna Cotta with Mango Sauce

Prep time: 20 minutes

Cook time: 5 minutes+

Chill time: Several hours

- ½ cup heavy cream**
- 3 Tbsp. sugar**
- ¼ tsp. Knox gelatin**
- ½ cup buttermilk**
- 1 ripe mango, peeled, pitted and pureed**
- ½ cup dessert wine**
- 1 Tbsp. sugar**
- 1 cinnamon stick**

Stir together cream and sugar; simmer until sugar has dissolved. Whisk in gelatin



Mangos add the sweet, exotic taste of the tropics to romantic dishes.

until dissolved, then stir in buttermilk. Pour into two 6- to 8-oz. heart-shaped molds and chill until set. Meanwhile, simmer pureed mango, wine, sugar and cinnamon over low heat for 10 minutes. Let cool and remove cinnamon stick. Unmold each onto a dessert plate and top with mango sauce. Makes 2 servings.

Mango Tips & Facts

- Don’t judge a mango by its color. To determine if a mango is ripe, squeeze gently. A ripe mango will give slightly but not be too soft.
- To ripen firm mangos, store at room temperature. They will continue to ripen, becoming sweeter and softer over several days.
- Once ripe, store mangos in the refrigerator for up to five days to slow down ripening.
- View the “How to Cut a Mango” video on www.mango.org.