

Pickled Mango Recipe

Ingredients:

- 1 cup water
- 1/2 cup white vinegar
- 1 teaspoon salt
- 1 teaspoon honey
- 1 large mango (preferably firm, not overly ripe)
- Red chili peppers (optional)
- 4 to 6 slices of peeled ginger

Equipment:

- 1 sterilized jar with a lid

Instructions:

1. Prepare the Pickling Liquid:

In a small pot, combine water, vinegar, and salt. Heat the mixture over medium heat, stirring constantly, until the salt fully dissolves.

Turn off the heat and add honey, stirring until dissolved. Set the liquid aside to cool slightly.

2. Prepare the Mango:

Stand the mango upright and cut off the fleshy sides. Slice the mango into strips and peel them. Use the fruit around the pit as well to avoid waste.

3. Assemble the Jar:

Place the mango strips into the sterilized jar. Add the ginger slices and chili peppers, if using. Press everything down gently to pack the jar.

4. Add the Pickling Liquid:

Pour the prepared liquid into the jar, ensuring all the mango is fully submerged. Allow the liquid to cool completely before sealing the jar with the lid.

5. Refrigerate and Wait:

Refrigerate the jar for about 5 days to allow the flavors to develop. While you can enjoy the pickled mango sooner, 5 days ensures optimal tartness.

6. Storage:

Keep the pickled mango in the refrigerator for several months, enjoying it as a tangy, sweet, and slightly spicy treat!

Notes:

- Adjust the amount of chili peppers to your heat preference.
- This pickled mango pairs beautifully with grilled meats, sandwiches, or as a tangy snack on its own!