

## Mango Habanero Sauce

### Ingredients

- 2 large mangoes, peeled and seeded
  - 2 habanero peppers, stems removed
  - 2 Tbs oil
  - 1 Tbs yellow mustard
  - 1 tsp salt
  - ½ cup onion, diced
  - ½ cup dark brown sugar
  - ½ cup apple cider vinegar
  - ¼ cup honey
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### Directions

Over medium high heat, sauté the onions in the oil until translucent. Add in the mangoes, mustard, and salt. Reduce heat to medium and cook for 5 minutes, stirring occasionally to keep mangoes from sticking if you're not using a nonstick pot. Bring the temperature back up to medium high. Stir in the honey, peppers, cider vinegar, and dark brown sugar until well combined. Bring to a simmer then cook for another 5 minutes. Remove from heat and allow to cool completely. Pour into your blender and blend until smooth. Refrigerate in an airtight container until ready to use.

## Mango Pineapple Compote

### Ingredients

- 1 cup ripe mango, diced
  - ½ cup ripe pineapple, diced
  - ½ cup brown sugar (optional)
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### Directions

Place the pineapple and mango in a small pot over low-medium heat. Cook for about 5 minutes. The fruit should begin releasing its juices. If your fruit isn't ripe enough and you don't see it is releasing any liquid, add ¼ cup of water. Once you see the liquid gathering in the pot, stir in the brown sugar until dissolved. Remove from heat. Stir, the mango should break up very easily and become mushy. Allow to cool completely before. Refrigerate in an airtight container until ready to use.

## Mango Ice Cream

### Ingredients

- 2 large very ripe mangoes, seeded and peeled
  - 2 cups heavy cream
  - 1-14 oz sweetened condensed milk
  - ½ cup sugar
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### Directions

Puree the mango in a blender until smooth. Set aside. Beat the heavy cream on high until soft ribbons begin to form. Slowly add the sugar as the you're beating the cream. Once you see that the ribbons are becoming stiffer, more prominent, add the sweetened condensed milk and mango puree. Mix until well combined. Pour into a freezer safe container and freeze for overnight.