

Green Mango & Soy Sauce

Recipe courtesy of Cyndi Reynolds & Chris Heitzman, Owners of Ōrwaian

Makes about 1 quart | 30 minutes prep + 4 hours to overnight rest

Ōrwaian shares an easy treat from the Islands, this no-cook recipe combines tangy mango with salty soy sauce for an addictive snack.

“What’s great about this recipe is how easy and customizable it can be, it doesn’t involve any cooking, and there’s an endless variety of flavors to add or omit. The marinade can be as simple as soy sauce, sugar, and pepper, or as complex as you like; the beauty lies in both its simplicity and potential for customization. Plus, the only real time investment is the hands-off (but oh so important!) soak time in the fridge. We like using green, unripe mangos because of their snap, but if you prefer more ripe mangos, that works too (just not too ripe).”

~ Cyndi Reynolds & Chris Heitzman, Owners of Ōrwaian

4-medium or 6-small Green Mangos

2 Cups Tamari or Soy Sauce

¼ Cup Rice Vinegar

¼ Cup Mirin

Juice & Zest from 1 Lime

Juice & Zest from 1 Lemon

1 Tbs Fresh Grated Ginger

1 tsp Ground black peppercorn

½ tsp Ground Cloves

¼ tsp Ground Caraway Seeds

VERY IMPORTANT: Taste as you go!

Step 1 Wash, peel, and slice mangos. Slice the mangos into pieces resembling fat french fries or small-ish wedges. Put in a bowl and set aside.

Step 2 In a separate bowl, mix tamari soy sauce, rice vinegar, and mirin. Give it a good mix!

Step 3 To the same sauce bowl, add lime juice and its zest, along with the lemon juice and its zest. Give it another good mix!

Step 4 To the same sauce bowl, add fresh grated ginger, ground black peppercorn, ground cloves and ground caraway seeds. Mix well to fully incorporate.

Step 5 Pour sauce mixture over mango to soak. Cover bowl and let marinate in the fridge for at least 4 hours. It’s better the longer it marinates, and it’s best if you can let it marinate overnight.