

MANGO WITH LIME AND FLEUR DE SEL

My favorite mid-day snack or dessert is a ripe mango topped with a little lime juice and a pinch of fleur de sel. The tart lime and bitter salt balance out the incredible sweetness of the mango. This simple recipe takes advantage of nature's candy.

Ingredients.

1 ripe mango

1 lime

fleur de sel or maldon sea salt

Directions.

To cut the mango, place the mango on it's side so that the pit is vertical on the cutting board.

Using a sharp knife, slice down on one side of the pit, then the other. Then, one side at a time, run the knife through the flesh of the mango, scoring horizontally, then vertically, but not slicing into the skin.

Squeeze lime juice over the mango, making sure it runs into the cracks between the fruit segments. Sprinkle the mango with a pinch of fleur de sel.

At this point you can invert the peel and either slice the fruit from the peel into a bowl, or you can simply eat the exposed fruit. I prefer the latter, it feels a bit more indulgent somehow.

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