

Mango pikliz

HAITI



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INGREDIENTS

- 110 g red onion, thinly sliced (1 cup)
- 90 g white onion, thinly sliced (¾ cup)
- 8 g salt, divided (1½ tsp)
- 20 ml lemon juice, divided (4 tsp)
- 15 ml sour orange juice (1 tbsp)
- 15 ml white vinegar (1 tbsp)
- 40 g red bell pepper, thinly sliced (⅓ cup)
- 40 g green bell pepper, thinly sliced (⅓ cup)
- 20 g habanero or other hot chilli pepper, finely minced (2 tbsp)
- 40 g white cabbage, finely shredded (½ cup)
- 35 g carrot, julienned (⅓ cup)
- 225 g ripe but firm mango, thinly sliced (1½ cups)

INSTRUCTIONS

- 1 Start by macerating the sliced onion in a medium-sized bowl. Mix with 1 tsp of salt and 1 tsp of lemon juice. Cover and refrigerate for 10 minutes. This helps to soften their flavour and reduce their pungency.
- 2 In a separate large bowl, prepare the vinaigrette by mixing the sour orange juice and vinegar with the remaining 3 tsp lemon juice and ½ tsp salt.
- 3 Add the macerated onion to the vinaigrette, followed by the bell peppers, cabbage, carrot and chilli. Toss to coat, then fold in the mango.
- 4 Cover and refrigerate the *pikliz* for at least 15 minutes before serving; a longer marinating time will give a more intense flavour.



Preparation time

30 minutes



Cooking time

Additional time 25 minutes for macerating and marinating



Serves

4

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TIPS AND NOTES

Adapt it

Use whichever firm, slightly under-ripe mangoes are locally available.

If sour orange juice is unavailable, replace it with two-thirds fresh orange juice (10 ml) and one third fresh lime juice (5 ml).

Habanero can be replaced with another fresh hot pepper.

Food safety tips

Produce – Wash and dry before peeling or cutting on a clean board. Refrigerate remaining cut produce at 5 °C/41 °F or below and use within 3 days.

Storage – Keep *pikliz* in a sealed jar in the fridge at 5 °C/41 °F or below and use within 3 days. The flavour deepens after the first day.

Reduce your food waste

Use cabbage cores, carrot peelings and bell pepper trimmings in stocks, soups or stir fries.

Serving suggestion

Serve alongside grilled fish, chicken, beans or other savoury dishes.

THE STORY BEHIND THE DISH

In Haiti, *pikliz* is a much-loved condiment that accompanies everyday meals. Traditional *pikliz* combines finely shredded cabbage, carrot, onion and hot peppers with vinegar and citrus juice, while this version adds mango for a fresh, fruity sharpness.

Mango is one of Haiti's most important fruits, contributing to household diets and providing income for local communities. More than 100 varieties grow across the country's plains, plateaus and mountains, reflecting considerable diversity within a familiar crop. Among them, the prized Francique mango has long been an important agricultural export.

As the harvest season is short, surplus fruit is turned into products such as *pikliz*, juice, dried mango or preserves: inventive ways to make the most of the crop, some of which also extend shelf life.



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As a producer and exporter of Haitian mangoes, I wanted to give a classic condiment a new twist using one of the country's most iconic fruits. The Francique mango was a natural choice because of its distinctive flavour and juicy, nearly fibreless flesh. Folded into pikliz, it adds an unexpected sweetness without losing the acidity and heat that make the condiment so lively.”

Ena Ménager Derenoncourt