



Mango Sauce

- 5½ cups or 3¼ pounds mango puree (use slightly under-ripe to just-ripe mango)
 (from about 5 pounds, or 5 to 6 whole, large, non-fibrous mangoes, as purchased)
- 6 tablespoons honey
 4 tablespoons bottled lemon juice
 ¾ cup sugar
 2½ teaspoons (7500 milligrams) ascorbic acid
 ⅛ teaspoon ground cinnamon
 ⅛ teaspoon ground nutmeg

Caution: Handling green mangoes may irritate the skin of some people in the same way as poison ivy. (They belong to the same plant family.) To avoid this reaction, wear plastic or rubber gloves while working with raw green mango. Do not touch your face, lips or eyes after touching or cutting raw green mangoes until all traces are washed away.

Yield: About 6 half-pint jars

1. Wash and rinse half-pint canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.
2. Wash, peel, and separate mango flesh from seed. Chop mango flesh into chunks and purée in blender or food processor until smooth.
3. Combine all ingredients in a 6- to 8-quart Dutch oven or stockpot and heat on medium-high heat, with continuous stirring, until the mixture reaches 200°F. The mixture will sputter as it is being heated, so be sure to wear gloves or oven mitts to avoid burning skin.
4. Fill hot sauce into clean, hot half-pint jars, leaving ¼-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; adjust two-piece metal canning lids.
5. Process in a boiling water canner according to the recommendations in [Table 1](#). Let cool, undisturbed, for 12 to 24 hours and check for seals.

Storage Notes: Store in a dark place, away from direct light, to preserve the color of the canned sauce. This sauce is best when used within 4 to 6 months; otherwise, discoloration may occur.

Table 1. Recommended process time for Mango Sauce in a boiling water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints	15 min	20 min	25 min

Developed at The University of Georgia, Athens, for the National Center for Home Food Preservation. Released by Elizabeth L. Andress, Ph.D., Department of Foods and Nutrition, College of Family and Consumer Sciences. January 2004.

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