

*L'Epicurien Mango Chutney, imported from France, is wonderful spicy yet sweet chutney. L'Epicurien uses an old world style of production, simmering their sauces and chutneys in copper cauldrons. The delicate flavors and rich colors of fruits or vegetables are deliciously revealed as the cooked together.*

### **Mango Chutney Chicken**

1 tablespoon vegetable oil  
4 large or 6 small boneless chicken breasts  
Salt and freshly ground black pepper to taste  
½ – ¾ cup mango chutney syrup included, coarsely chopped  
½ cup dry white wine  
1 cup chicken stock/broth (box kind works great)  
cayenne pepper, optional  
Watercress, and toasted almonds, for garnish

Heat oil in a large deep skillet over medium-high heat. Add chicken cook until lightly browned, about 5 minutes, then turn and brown second side. Season with salt and pepper. Add Mango Chutney, wine and stock to skillet. Bring to a boil over high heat, then cover, and reduce heat to a simmer until chicken is done, about 20 minutes. Transfer pieces to a platter and keep warm. Raise heat to high and bring liquid to a full boil. Add a pinch of cayenne, if desired, and stir, scraping up any remaining browned bits from the bottom of skillet, until sauce is reduced to about ¾ cup, 7 to 10 minutes. Pour sauce over chicken, garnish with almonds, watercress and serve. Great with jasmine rice, green bamboo rice or couscous with a teaspoon of curry stirred in.

Serves 4-6

### **Spinach Salad with Warm Mango Chutney Dressing**

For Dressing

¾ cup mango chutney  
2 slices bacon, chopped fine  
2 tablespoons minced shallots  
½ cup cider vinegar  
1 teaspoon Dijon mustard  
1 tablespoon olive oil  
salt & pepper to taste

For Salad

8 cups spinach, washed  
2 apples, cored but not peeled, sliced  
2 cups button mushrooms, sliced  
12 slices bacon, fried crisp & crumbled  
8 thin slices red onion

For dressing, in a large skillet, cook bacon over moderate heat, turning until crisp. Transfer to a paper towel to drain. Add shallots to grease and cook for 1 minute. Add

vinegar, mustard, oil, Chutney and salt & pepper to taste. Bring to boil; add bacon. Serve immediately.

Place spinach on four dinner plates; top with apples, mushrooms, bacon and onion.

Drizzle with warm dressing.

### **Mango Chutney Sauce**

2/3 jar of Mango Chutney

2 cups sour cream, regular, low-fat or non-fat

½ cup low-fat plain yogurt

1 tablespoon Dijon mustard

2 teaspoons curry powder

1-2 tablespoons fresh lemon juice

2 tablespoons minced fresh tarragon or 2 teaspoons dried tarragon

Tabasco Sauce to taste

Blend chutney, sour cream, yogurt, and mustard, curry powder and lemon juice in a food processor until smooth. Scrape into a bowl, stir in tarragon, season with salt, if desired, and Tabasco Sauce. Refrigerate for 30 minutes, and then serve with vegetables. Or try it with grilled sausages or on sandwiches.

### **Mango Chicken Salad with Grapes and Walnuts**

For The Salad:

2 lb. skinned, boneless chicken breast

1 1/4 cup seedless green grapes

1 1/4 cup sliced celery

3/4 cup broken walnuts, toasted at 350 for 5-8 minutes

For Mango Chutney Mayonnaise:

2 cups mayonnaise, preferably homemade

1 cup Mango Chutney

Salt and pepper to taste

Prepare the mayonnaise

Mix in food processor the mayonnaise and the chutney until smooth, season. Refrigerate until ready to use.

Prepare the Salad

Preheat oven to 350 degrees. Lay chicken breasts on a rimmed baking sheet and cover tightly with foil. Bake for 20-25 minutes until cooked through but still moist and juicy.

Cool at room temperature.

Cut the chicken into bite size pieces. Combine with grapes, celery, walnuts and Mango chutney mayonnaise to taste. Serve on a bed of romaine lettuce or other greens and garnish.

Serves 4

### **Other Ideas using Mango Chutney**

- Try mango chutney as a sandwich spread. How about grilled cheddar bacon and mango chutney sandwich?!
- Mix together 1/2 jar of mango chutney (more to taste) 8 ounces of softened cream cheese, 1/4 cup dried fruit (like cherries) for a delicious cheese spread, or form into a ball and roll in crushed toasted pecans.
- Serve mango chutney with cheese. Try sharp cheddar, Manchego or other hard aged cheese. Also great with creamy goat cheese, warmed brie or Camembert.
- Stir into to mayo based salads, like chicken or tuna.
- Try as a condiment on hot dogs, sausages or even burgers!
- Serve with egg rolls or fried wontons.
- Use as a tasty garnish to roasted pork, game or poultry.