

# Sparkling Mango Limeade

Adapted by Our Young Chefs from "Gourmet's Five Ingredients"

Makes 20 snack-size drinks

*This is the perfect drink for sitting in lawn chairs and grilling while enjoying the company of friends and family for a summer get-together. It can even bring back that sunny feel for a chilly autumn tailgating blow-out! No matter what you serve this with, it is oh so refreshing!*



## INGREDIENTS

4 ripe mangoes (about 2 pounds before peeling), peeled, pitted, diced  
OR 1 pound frozen mango, thawed



*Steps to cut up and dice a mango*

*Lime cut in half across the horizontal middle*



12 to 14 limes to yield 2 cups fresh lime juice

Diced mango (*prepared earlier*)

Lime juice (*prepared above*)

1 $\frac{1}{3}$  cup superfine sugar

1 $\frac{3}{4}$  cups water

Additional superfine sugar, to taste (*optional*)

## DIRECTIONS

**Prepare the mango:** Hold the **fresh mango** vertically on a cutting board, **stem end** down. Use a sharp knife to slice on one side of the **seed** to remove a panel of **mango** -- **fruit and skin**. Swivel/turn the **mango**; repeat cutting the panel of **fruit and skin** from the other side of the **mango seed**.

The **seed** is not visible, cut as much **mango fruit** from around the **seed** as possible; discard the **seed and skin**.

For *each* of the **two fruit panels** from the sides of the **mango**, use the tip of a sharp paring knife to slice through the **mango flesh** on the diagonal, but *do not slice into the skin beneath it*. Make parallel cuts on the diagonal, then make cuts in a slightly perpendicular direction to create a diamond pattern. Push on the **skin** up from underneath to "turn out" and expose the **cut mango cubes**; slice the **cubes** from the **skin**. Repeat for the other **3 mangoes**. Collect *all* of the **cut mango fruit** in a bowl; set aside.

**Prepare the lime juice:** Wash the **limes** under cool running water with a drop of liquid dish detergent; rinse and pat dry. Cut **11 or 12 limes** in half across the *horizontal* middle. Use a juicer, citrus squeezer *OR* reamer to **juice the limes**; measure the **juice**. If it is not **2 cups** lime juice, squeeze **additional limes** to yield a total of **2 cups**.

**Prepare the mango/lime purée:** In the jar of a blender, combine the **diced mango**, **lime juice**, **sugar** and **water**; blend until smooth. Pass the **puréed mixture** through a sieve into a pitcher. Press on the **mango/lime mixture** with a flexible spatula to push as much "fruity goodness" as possible into the pitcher; discard the **solids** that do not pass through the sieve.

**Chill:** Chill the **mango/lime purée**, covered, until cold, about 1 hour; the purée will be slightly thick. When chilled, stir and taste; add additional **sugar**, if desired. ➡

---

Ice cubes

Chilled mango/lime purée (*prepared earlier*)

1 liter seltzer OR club soda, chilled

**GARNISHES**

Lime wedges OR slices

Mint sprigs (*optional*)

**Assemble and serve the sparkling mango limeades:** Place 3 or 4 small **ice cubes** in each of 20 5- or 7-ounce plastic cups; fill each cup about **three-quarters full** with the **mango/lime purée**. Top off with **chilled seltzer OR club soda**; stir well.

**GARNISH** each glass with a **lime wedge OR slice *plus* a mint sprig**, if desired. Serve immediately.

**Make ahead option:** The **mango/lime purée** keeps 2 days, covered and refrigerated.

---