

## MAMEY SAPOTE – PLU 4310



### **Description/Taste**

The Mamey sapote is a medium to large-sized fruit with an ovoid shape. It contains a large central pit, quite similar to an avocado. The fruit's skin is almost bark-like with a sand paper texture (and color) protecting the fruit's flesh with its defensive shell. When ripe, the flesh is a vibrant salmon color, its texture soft and succulent with a melting quality. The flavor of the Mamey sapote is delicate yet distinctive, revealing notes of baking spices such as vanilla and nutmeg with sub-acid undertones of pumpkin, banana, pear and apricot. Inside the large central pit is the fruit's seed, which is compared to having the appearance and flavor of almond, though it should not be eaten raw.

### **Seasons/Availability**

Available sporadically, look for Mamey sapote from spring into the fall.

### **Current Facts**

Mamey sapote is the common name given to the fruit, *Pouteria sapota*. In Cuba it is known simply as Mamey, which tends to confuse it with a West Indian fruit, *Mammea americana*, which is also referred to as Mamey. There are at least thirteen known varieties of the *Pouteria sapota*, only a few of those varieties selected for their superior fruit qualities.

### **Applications**

The first step in utilizing the Mamey sapote is to remove its rough peel. The skin is generally scored at its apex end and peeled in strips. Ripe fruits can be eaten fresh. Mamey sapote is synonymous with Latin cuisine as a winter fruit. It is traditionally used to make ice cream or batidos, which are cold milkshakes made with milk, ice, Mamey, vanilla and nutmeg. The Mamey sapote is also stewed and used for making wine. It can be preserved and jammed, used in baked goods such as breads, pies, tarts and cakes, and added raw to fresh salads. The flavor of the fruit is enhanced by spices such as ginger, vanilla, nutmeg, honey and cloves. Its seed is boiled with herbs, smoked over a wood fire, and used to flavor mole. It is also used to make chocolate drinks.

### **Geography/History**

Mamey is native to Mexico and Central America where it still grows prolifically today. In other countries, the trees bark is harvested for tinder. The first Mamey sapote fruit was brought into the United States to Florida in 1887. Despite favorable trials and exceptional fruit production, only scatterings of Mamey sapote tree orchards would evolve over the next century. Currently, in the very same state, small Mamey sapote farms are under the threat of becoming endangered due to uncontrolled land development, hurricane damage and escalating land prices. As with most fruit trees, Mamey sapote is propagated by grafting, which ensures that new plants have the same characteristics as the parent, especially its fruit. This method also induces far quicker fruit bearing crops.

### **Salmon belly with guajillo chili & mamey sapote**



*Salmon belly, guajillo chili & mamey sapote purée, blistered tomatoes, pork fat fried mamey sapote.*

Dish type: Fish

Meal type: Main course

Preparation time: 45 minutes

## INGREDIENTS

4-serving(s)

- 4 salmon belly filets
- 2 Mamey sapote fruits
- 12 grape tomatoes
- 6 Tbsp pork fat
- 7 guajillo chilies, seeds removed
- One small sweet onion
- 3 cloves garlic
- 6 allspice berries
- 3 large thyme sprigs
- 1 Tbsp apple cider vinegar
- 1 Tbsp dark brown sugar
- 1/4 teaspoon xanthum gum (optional)
- Salt and pepper to taste

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## PREPARATION

### PURÉE

1. Start by preparing your mamey. Remove the skin and seeds. Using a small cookie cutter, cut out 12 discs from the fruit and put aside.
2. Chop roughly the remaining fruit and add to a sauce pot with half the pork fat, onion, garlic, thyme, and allspice berries.
3. Sauté over medium-high heat.
4. Meanwhile toast chilis by pressing them down with a spatula in a dry skillet over high heat until softened and fragrant.
5. Add chilis to the pot with the rest of the ingredients and cover with water just to cover.
6. Allow to cook for over medium high heat for approx 20 minutes or until all ingredients are completely soft and liquid has reduced.

7. Blend the mixture in a high speed blender along with the vinegar, brown sugar and xanthum gum until completely smooth.
8. Check again for seasoning and add salt if needed.
9. Pass through a fine mesh strainer and set aside.

### **TOMATOES**

1. Grill tomatoes, or place them directly in a hot dry skillet.
2. Remove as soon as they start getting black spots. The idea is to get smokey charred flavor, while leaving the inside mostly raw.

### **SALMON**

1. Season the salmon belly with salt and pepper and place in a very hot skillet with the pork fat. Fry until crispy.
2. Once you've flipped the salmon, add mamey discs and fry. Remove to a wire rack to drain before serving.
3. Season mamey discs with salt.

### **TO PLATE**

1. Swipe purée on a plate first, then place salmon surrounded by three pieces of mamey, and three tomatoes. You may also garnish with fresh micro herbs of your choice. Enjoy!