Sauces

Habanero Mango Sauce

A Caribbean hot sauce that is also a fruit sauce — ripe mango's tropical sweetness and the high, floral heat of habanero exist in perfect, improbable tension. Ginger and lime tie them together into something vivid and golden that belongs on grilled fish, jerk chicken, and everything in between.

Time 25 min **Servings** 4

What you'll need.

- ☐ 300 g Ripe mango flesh (Ataulfo or Alphonso preferred)
- ☐ 30 g Fresh habanero peppers (stemmed, seeded for less heat)
- ☐ 15 g Fresh ginger, peeled and roughly chopped
- ☐ 10 g Garlic cloves
- ☐ 40 g Fresh lime juice
- ☐ 30 g Apple cider vinegar
- ☐ 15 g Honey or light brown sugar
- ☐ 5 g Fine salt

Let's make it.

01 Wear gloves when handling habanero peppers — the capsaicin is extremely potent and will burn eyes and skin for hours. Stem and seed the habaneros (seeding removes roughly 30% of the heat; leave seeds in if maximum heat is desired). Combine all ingredients in a blender and blend on high for 90 seconds until completely smooth. The color should be a vivid, almost neon golden-orange. Taste before cooking — a raw sauce has a different character, useful to establish the flavor baseline.

02 Pour the blended sauce into a small saucepan. Bring to a simmer over medium heat, stirring often. Simmer uncovered for 8 to 12 minutes, stirring constantly in the final few minutes as the sauce thickens. Cooking mellows the raw habanero bite, caramelizes the mango sugars slightly, and concentrates the flavors. The sauce is ready when it thickens to the consistency of a pourable fruit sauce and the color deepens from bright orange to a deeper, richer gold.

03 Cool the sauce to room temperature. Taste once more — the finished sauce should be sweeter and rounder than when raw, with the habanero's floral heat still prominent but no longer aggressive. Adjust salt and lime to taste. Pour into sterilized bottles or jars. Refrigerate for up to 1 month. For a smoother, restaurant-style texture, pass through a fine-mesh sieve before bottling. For a more rustic, full-bodied sauce, leave unsieved.

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Servings are an estimate; check quantities in the source recipe.
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