



JAMAICA



Sweet Mango Soup

With the convenience of frozen mangoes, you can make this spectacular dessert soup during any season of the year. Whether you enjoy it on a hot summer day or a cold winter night, this sweet treat feels like a vacation.

INGREDIENTS **SERVES 4–6**

4 c.	frozen mangoes, thawed
1 c.	milk
1 c.	plain yogurt
1 c.	coconut milk, unsweetened
3 T.	sugar

GARNISH

2 medium bananas, or substitute other fruit
6 to 8 mint leaves, optional

PREPARATION

1. Puree the mangoes and milk in a food processor or blender.
2. Add the yogurt, coconut milk, and sugar, processing until smooth.
3. Refrigerate for at least 1 hour.
4. Ladle into serving bowls.
5. Garnish with sliced bananas and a mint leaf.

VARIATIONS

You can add $\frac{1}{2}$ t. of fresh grated ginger, or you can omit the sugar and make this a spicy appetizer soup with the addition of a small, finely chopped jalapeño pepper.

IF YOU GO TO JAMAICA

The primary language of Jamaica is English, but it has a distinctive rhythm and charming quality. Conversations also include a sprinkling of Creole, which is a combination of English and African languages. Meals are often served buffet style. Visitors should try as many dishes as possible to demonstrate a gracious spirit. Go easy though, because the spicy heat in some of the items might take you by surprise. It is considered polite to finish everything on your plate. Always use the appropriate greeting for the time of day, such as “good morning,” “good afternoon,” or “good evening.” Try to take at least one boat ride—along the coast, on one of the scenic rivers, or on a subterranean lake to a pirate’s cave.