Transcript for 3/15/2012 Mango Madness segment 1 on Sunrise Program on KGMB/KHNL – featuring Hawai‘i Foods website

Dan Cooke (DC): Hey Steve (Uyehara), can you hear me OK? Hey, we’re going Mango Mad up here, because of that one mango hanging so tantalizingly close to our Moanalua/Fort Shafter camera I don’t know if you can see that there (picture shifts to Moanalua/Fort Shafter traffic camera) we’ve been watching it for days. Kris Wallerius is with us, I mean we’re just going crazy for mangoes, and I don’t know- are we doing that prematurely- is it mango season yet, Kris?

Kristine Wallerius (KW): Well, mango season is January to August, but the best ones are May and June, and I almost had to time travel to get ripe mangoes for today- but we’re getting there!

DC: (Laughs) OK, Kris Wallerius is a registered dietitian, she’s also with the University of Hawaii School of Tropical Agriculture, and knows a ton about mangoes. Show us what you’ve got here in front of us-

KW: OK, this is just a variety of what I was able to get in Chinatown yesterday. These are very small Hayden mangoes- there’s actually over 63 varieties in Hawaii...

DC: Sixty-three varieties! Is that one that’s hanging on the camera, is that a Hayden do you think?

KW: I think that looks like a Hayden, yes.

DC: Wow, I was amazed at how many different varieties of mangoes there are.

KW: I saw some Pirie’s yesterday too, which are the small, sort of kidney-shaped ones, that are yellow, but they were very astringent and bitter, and not so good!

DC: What about the nutritional value? You’re a nutritionist- are mangoes good for you?

KW: Mangoes are great for you! They are as good as an orange in vitamin C, they give you half of your daily requirement of vitamin A- there’s lots of fiber- there’s actually more fiber in a mango than there is in a piece of whole wheat bread- 3 grams.

(Camera shows cubed half mangoes)

DC: Okay, This is the great way to cut and open up a mango.

KW: It’s a beautiful presentation. It’s also a very easy way to do mangoes for any kind of dish that you need cubed mangoes.
DC: Can we watch you do that?

KW: Absolutely! (camera shows cutting board with mango) So you want to look- a mango has sort of a wide side and then a thinner side. So you’re going to take that thin side and put it perpendicular to you. Go out about 1/3rd of an inch, kind of poke the skin there, and cut down so you miss the seed in the middle.

DC: Because it gets kind of real stringy there around the the seed.

KW: It can, yeah, it can, and you want to get as much of the meat as you can. So, same thing on the other side, just cut down. And then you have this beautiful inside and you’re going to cut lengthwise, not through the skin. And then if it’s a big mango you can cut again, turn it, same thing, cut again.

DC: OK, mangoes, we’re going to focus on mangoes. That is beautifully done. And you can see it’s served with other fruits here, is nice how you’ve done that (camera shows bowl of fruit, yogurt and macadamia nut topping). What else have you got there besides other fruits?

KW: This is nonfat plain yogurt, chopped mango, we’ve got some beautiful raspberries there, this is a wonderful snack or a dessert and it looks very decadent but it’s under 250 calories (sprinkles on macadamia nuts).

DC: Really -wow, it looks wonderful.

KW: Macadamia nuts are good, with lots of healthy fat.

DC: And what are you putting on now?

KW: Normally I would use local honey, but one of our friends brought us this beautiful huckleberry honey from Idaho so we’re just going to top it with a little bit of honey (camera shows honey being squeezed on)...and there you go.

DC: Mango is the topic, it’s going to continue to be, and we’ll have Kris back for more talk about mangoes as we continue to watch that Hayden to ripen so lusciously, tantalizingly close. We’ll be back with more Sunrise after this.

(camera switches to traffic camera that shows mango on tree)

DC: Kris, thank you very much

KW: Thank you!

(Sunrise music)