

Embassy of Viet Nam in Australia
Viet Nam Trade Office in Australia



NEW TASTE
NEW LOOK



IT'S FASCINATING SUMMER HERE



**Brought to you
by Vietnamese Mangoes** | Xoài Việt Nam



**FULL - FLAVOURED
TREE - RIPENED**

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FOREWORD

Coming from a fecund land bathed in year round glorious sunlight, Vietnamese mango is one of the tremendous gifts bestowed by nature. With distinctive delicious flavor and alluring appearance, Vietnamese mango has become the preferred choice of many people both inside and outside Viet Nam.

For Southern Vietnamese farmers, each harvest season of mangoes comes with both excitement and hard work. Their attentively nurtured fruits will soon depart from the humble farmlands to be distributed to giant markets around the world, where only the most rigorous quality controls are applied. The following sections of this book will bring the aromatic and natural beauty of Vietnamese mangoes closer to your hearts and provide an insight into one of Vietnamese agriculture's greatest sources of pride and joy, wrapped in every single fiber of the elongated fruits. The book will also give its dearest readers a glimpse of the people and culture of Viet Nam - a hidden source of charm and potential in the Asian region.

Luong Thanh Nghi
Vietnamese Ambassador to Australia



TESTIMONIALS

Following the success of lychees in 2015, mango is the second type of fruit from Viet Nam to be officially exported to Australia, making it another epitome of achievement in the market expansion effort of Viet Nam for high-quality agricultural products. I personally look forward to the presence of Vietnamese mangoes in Australian supermarkets, as I firmly believe they will receive as much appreciation as lychees have done before, for their certified quality and engrossing appearance. The distribution of Vietnamese mangoes in international markets is an accomplishment not only from the commercial standpoint but also from the cultural perspective.

Nguyen Cam Tu
Deputy Minister of Industry and Trade

I am delighted that Australian consumers will now be able to enjoy Vietnamese mangoes which will complement the Australian mango season with northern hemisphere product.

Australia and Vietnam share a strong agriculture trading relationship.

Just as Vietnamese consumers enjoy Australian fruit such as table grapes, oranges and mandarins, Australians will relish the refreshing and full flavour of Vietnamese mangoes whether enjoying them fresh or in various dishes and drinks.

Craig Chittick
Australian Ambassador to Viet Nam



Speaking as the President of the Economic Diplomacy Fund, this is one of the most exciting news that I have received in 2016. The presence of Vietnamese mangoes in Australian markets comes along with the benefits for both Vietnamese farmers and Australian consumers, as well as the promotion of trade and development relations between the two countries. With an elaborated strategy on the development and export of agricultural products, we expect more and more remarkable types of fruits from Viet Nam will have their opportunities to reach the Australian markets in the time to come, granting Australian consumers a more diversified resource of clean, safe and exemplary choices.

Vu Quang Minh
Assistant Minister of Foreign Affairs
President of the Economic Diplomacy Fund

The Australian fresh fruit industry congratulates the Vietnamese mango industry in gaining access to the Australian market. Their mangoes will be a welcome addition to our fruit supply as they are available after the conclusion of the Australian mango season. The main supply period would be from March through to May at least. Mangoes in Viet Nam come in a range of sizes and skin colour covering fresh mangoes for eating which are sweet and delicious, and green mangoes for cooking and salads. The variety of mangoes will astound and delight Australian consumers.

David Minnis
Chairman Australian Horticultural Exporters Association





**VIET NAM - TROPICAL
KINGDOM WITH A VARIETY
OF EXQUISITE FLAVORS**

Viet Nam - a rich land endowed by nature

Being geographically located in the tropical zone, a rich variety of nutritious fruits is on hand all year round on the S-shaped strip of land.

According to the report by the Ministry of Agriculture and Rural Development, Viet Nam houses 776,000 hectares of orchards, producing 7-8 million tons of fruits per year, including domestic consumption and exports. Particularly, Southern Viet Nam is the largest fruit granary of the whole country, since the region's weather is warm with long hours of sunshine, high average temperature and humidity all year round.

Recently, the Central Viet Nam Book of Records has announced the 10 fruits with the highest economic value (including domestic consumption and exports) among Viet Nam's top 50 well-known specialty fruits, including: Cat Hoa Loc mango (Tien Giang), "Xuong Com Vang" longan (Vung Tau), Ri6 durian (Vinh Long), green-peel pomelo (Ben Tre), Lo Ren star apple (Tien Giang), longan & litchi (Northern Viet Nam), and more. 🍌

Viet Nam - a large-scale, high-quality fruit granary

According to the Institute for Southern Fruits (SOFRI), the GlobalGAP (Good Agricultural Practice) model for growing fruit specialties is strongly prevalent in Viet Nam, fulfilling strict import requirements in Japan, EU and the US in order to develop new economic potentials as well as promote stable and sustainable socio-economic development.

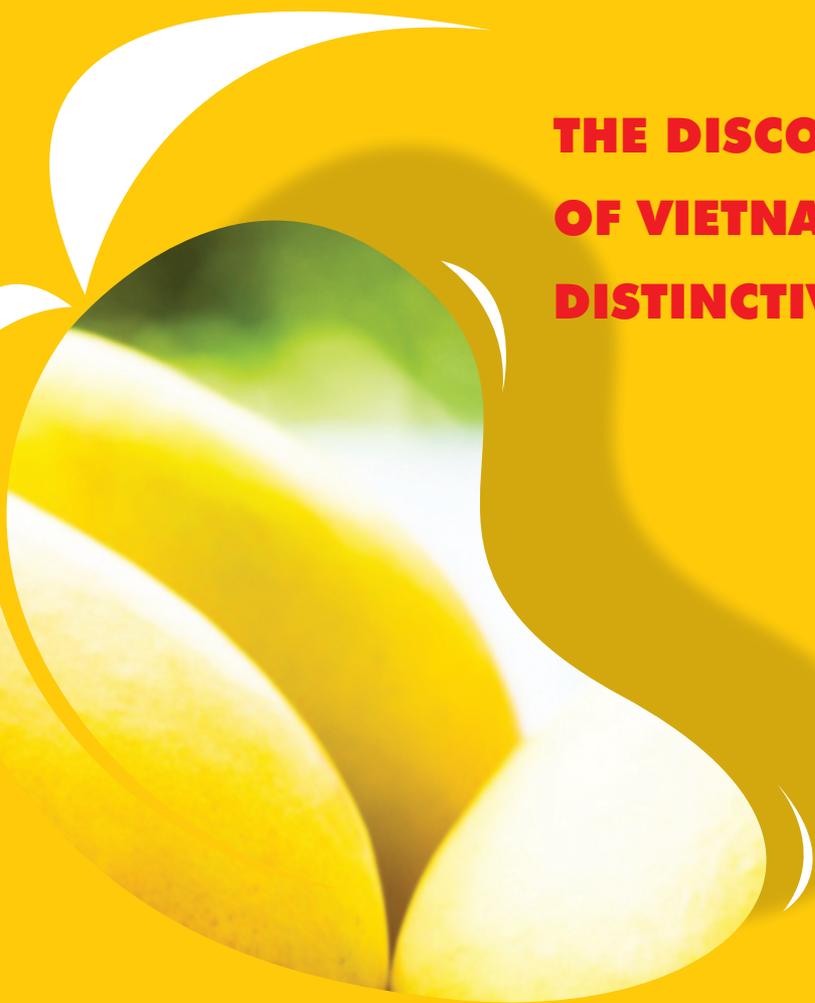
The Mekong Delta provinces have currently built 8 GlobalGAP models for growing fruit specialties, including Vinh Kim star apple (Chau Thanh, Tien Giang), Cat Hoa Loc mango (Song Hau, Can Tho), “Tieu Da Bo” longan (Dong Phu, Long Ho, Vinh Long), Nam Roi pomelo (Binh Minh, Vinh Long), rambutan (Cho Lach and Tra On, Vinh Long) and Cat Chu mango (Cao Lanh, Dong Thap) with the total area of 143 hectares. 🍌

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**THE DISCOVERY
OF VIETNAMESE MANGOES -
DISTINCTIVE APPEARANCE**





**Vietnamese mangoes -
distinctive appearance,
unique value**

Because of their pleasant aroma and sweetness, Cat Hoa Loc and Cat Chu are two of the most well-known mango brands cultivated in the Mekong River Delta.

Cat Hoa Loc mango

Cat Hoa Loc mango originated in Hoa Hung commune, Cai Be district, Tien Giang province, formerly named Hoa Loc commune, Giao Duc district, Dinh Tuong province. Its name is also derived from the old name of the commune where alluvial deposits provide many nutrients to Cat mango tree.

Hoa Loc mango has presently grown on a large scale, in many provinces of the Mekong river delta like Tien Giang, Binh Duong, Binh Phuoc, Dong Nai, Ba Ria-Vung Tau, Dong Thap, and so on. Mango transplantation and seedling selection are done with the application of modern techniques, aiming at raising quality and productivity. For example, Hoa Loc mango is grown mainly in 13 communes of Cai Be district, Tien Giang province on more than 1,000 hectares, with an annual output of about 15,000 metric tons.

Cat Hoa Loc mango is one of the favorite fruits with appealing colors, taste and high nutritional value. Each elongated shaped mango is from 350 - 450 gram in weight, bright yellow at maturity, smooth and low in fiber, very sweet and aromatic.

Standing a few meters away from where Cat Hoa Loc ripe sweet mangoes are laid, you can still smell its flavor. When eating Hoa Loc sweet mango, you feel like there are grains of sweet and fragrant sugar in your mouth. 🍌



Cat Chu mango

Also named Cao Lanh mango, Cat Chu mango is originated in Cao Lanh Town, Dong Thap Province. The province has over 9,300 hectares of mango orchards, with output reaching up to over 75,210 tons of fruit, mainly in Cao Lanh (3,685 hectares with the production of over 32,000 tons).

In recent years, Cao Lanh has built many mango production models to satisfy food safety requirements, increase mango production as well as meet the VietGAP and GlobalGAP standards for mango. By 2015, Cat Chu mangoes have been exported to such huge markets as Bangladesh, Ukraine, Japan and Korea. In Cao Lanh, the mango season begins from January to May and from August to December.

Cat Chu Mango is one of the most popular cultivars in Viet Nam with the succulent nature and exquisite quality. Each mango is from 250 - 400 grams in weight, long oval-shaped, pale green at maturity, mild smell and thick pulp. The fruit is sweet, but a bit sour with low sugar content. 🍌



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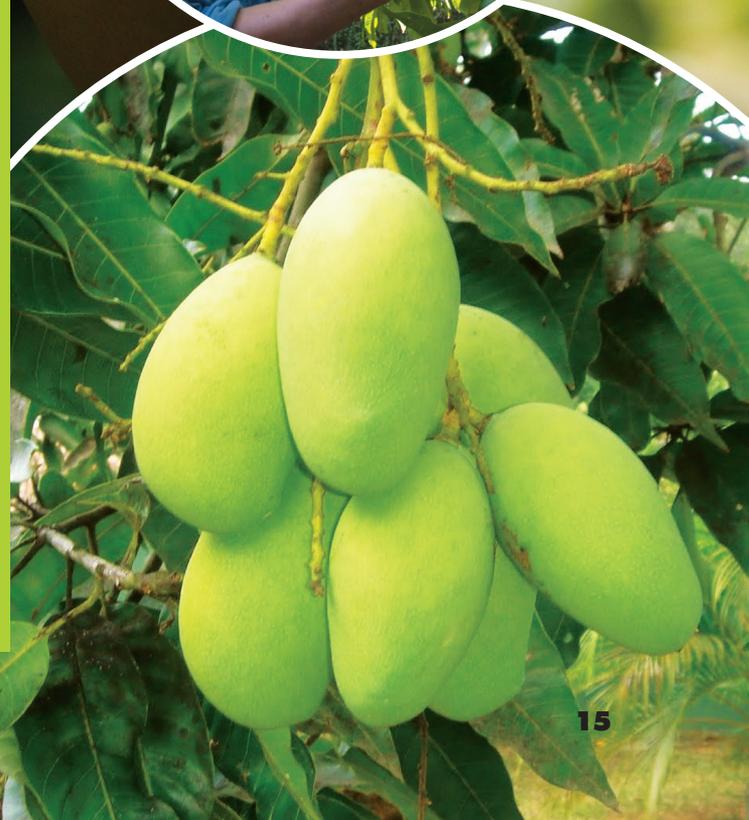
**TRUST BUILDING -
THE JOURNEY TO CONSUMERS**

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Vietnamese mangoes - safety system from production to post-harvesting

Up to now, Vietnamese mangoes have been granted licenses to enter South Korea, Japan and Singapore. Trust building is derived from Vietnamese farmers' conformity to all the strict regulations related to food safety and quality.

Mangoes farms adhere to comprehensive standards pertaining to: (i) Fertilizers, soil additives and plant protection substances selected and regulated to minimize the risk of chemical, biological and physical contamination to the production; (ii) Production sites and facilities located, constructed and maintained in secluded and hygienic areas, distanced from domestic and farm animals; (iii) Workers supplied with suitable protective clothing and equipment as well as provided with regular health checkups.



Ripe mangoes are harvested in the orchard and gathered at places near mango farms or moved to packing houses where mangoes are carefully sorted following strictly defined appearance and quality standards. Before drying mango resin, farmers use sharp long nosed scissors to eliminate mango stalks, in order to avoid causing any peel damages. The fruits are then classified according to size, weight, type, maturity and condition before going into packaging, preservation and distribution. Graded mangoes are placed into cartons and distinctly labeled for export. These fresh mangoes are then stored at a cool temperature of 13°C prior to being loaded into aircrafts or refrigerated containers for transportation to the importing country.

This meticulous care taken in exporting mangoes expresses not only an assurance of the prestige from Vietnamese farmers and exporters, but also a sincere regard for Australian consumers. 🍷

100% of export mangoes are verified and gathered by prestigious import-export enterprises in Viet Nam

Currently, mango is one of the mandatory fruits exported to huge and potential markets. With the aim to fulfill the strict requirements, several enterprises have actively invested in irradiation and hot-water treatment plants with quality and food safety control systems. Those who have contributed to promoting the image of Vietnamese mangoes include: An Phu irradiation treatment plant (Binh Duong and Vinh Long), Son Son irradiation treatment plant (HCM City), two hot-water treatment plants of Yasaka Company (Binh Duong) and Goodlife Company (HCM City). Furthermore, Hatchendo Company (HCM City) has cooperated with Cat Hoa Loc Mango Cooperative in the production of “frozen sliced mango” to export to South Korea, Japan and Hong Kong. 🍌

Vietnamese
mangoes

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Vietnamese
mangoes



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**VIETNAMESE MANGOES -
JUICY TASTE TO AUSTRALIA**



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Chicken salad with mango & passion fruit dressing

Ingredients (serve 4):

- 2 large chicken breast fillets
- 100g mixed greens
- ½ ripe mango, peeled and thinly sliced
- 1 large red capsicum, thinly sliced
- ½ small red onion, thinly sliced
- 2 passion fruit, juiced
- ½ ripe mangoes, juiced
- ½ lime, juiced
- ½ lime, thinly sliced
- 2 tablespoons extra virgin olive oil
- 1 fresh chili, thinly sliced
- Sea salt, to taste
- Pepper, to taste
- Olive oil, to grease

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Instructions:

- ▶ Marinate chicken breast with lime sliced, salt, pepper and a tbsp. of olive oil, let sit for 30 minutes.
- ▶ Brush the BBQ rack with oil to grease. Add the chicken and cook for 5 minutes each side or until cooked through.
- ▶ Toss the salad leaves, mango, capsicum and onion on a large serving platter. Season with salt and pepper. Combine the passion fruit juice, mango juice, lime juice oil and chili in a mason jar and shake well.
- ▶ Thickly slice the chicken, arrange on top of the salad. Drizzle the dressing over.





Goat cheese, bacon and mango crostini

Ingredients (serve 4):

- 1 baguette, sliced crosswise into 1.5cm pieces
- 1 tablespoon extra virgin olive oil
- 400g bacon, chopped
- ½ cup honey
- 200g goat cheese, softened
- 2 large mangos, peeled and diced
- 3 sprigs of mint, sliced
- Sea salt, to taste



Instructions:

- ▶ Preheat oven to 200°C, Place sliced baguette on a baking paper lined tray and drizzle with olive oil. Sprinkle with salt and bake, until golden brown and crisp, about 10 minutes. Remember to flip halfway through baking. Set aside.
- ▶ Meanwhile, cook bacon in a large non-stick skillet over medium heat until fat is rendered and bacon is crisp, 15 minutes. Remove from pan and drain on paper towel lined plate.
- ▶ To assemble, spread toasted bread with goat cheese, top with diced mango, sprinkle with cooked bacon, and drizzle with honey. Garnish with sliced mint.



Flank steak with grilled corn & mango salsa

Ingredients (serve 4):

Steak

- 800g flank steak
- 5 tbsp. steak seasoning
- 2 tbsp. olive oil and more for grill

Salsa

- 2 tablespoons olive oil
- 2 ears of corn, shucked
- ½ red onion, finely chopped
- 1 green bell pepper, diced
- 100g cherry tomatoes, diced
- 1 ripe mango, peeled and diced
- A handful of fresh coriander, roughly chopped
- 1 lime, juiced
- Sea salt, to taste
- Pepper, to taste

Instructions:

▶ Coat steak with the seasoning and drizzle with oil to help rub adhere. Grill steak, turning occasionally and moving to a cooler spot on grill until nicely browned, about 4 minutes per side. Transfer to a cutting board and let rest 10 minutes.

▶ In a large bowl of water, soak corn for 30 minutes; drain well. Brush corn with corn oil and add to grill. Cook until grill marks appear, about 3-4 minutes on each side; let cool before cutting the corn kernels off the cobs.

▶ In a large bowl, combine salsa ingredients and add salt & pepper to taste.

▶ Return steak to the grill just to re-crisp exterior, about 1 minute per side. Transfer back to cutting board and slice against the grain. Serve topped with salsa.



Curry-Grilled shrimp with mango chutney

Ingredients (serve 4):

Shrimp:

- 800g large shrimp, shelled and deveined
- 1 tbsp. canola oil
- 1 tbsp. curry powder
- Sea salt, to taste
- Pepper, to taste

Chutney:

- 1 ripe mango but not too soft, peeled and chopped
- $\frac{1}{3}$ seedless cucumber, peeled and chopped
- $\frac{1}{2}$ red onion, chopped
- 2 red chili, seeded & finely chopped
- A handful of mint, chopped
- A handful of cilantro, chopped
- 1 tbsp. fresh grated ginger
- 1 tsp. curry powder
- 1 tbsp. canola oil

Instructions:

- ▶ Marinade shrimp with curry powder, oil, salt & pepper. Set aside.
- ▶ Heat oil and sauté chili, then add onion and continue to cook until soft. Add mango, cucumber and ginger and cook for 5 minutes. Season with curry powder and salt and let cool in the fridge.
- ▶ Prepare grill for direct-heat cooking over hot charcoal, thread 4 shrimp onto each skewer, leaving small spaces between them. Oil grill rack, then grill skewers until just cooked through, turning once.
- ▶ Sprinkle herbs to the chutney and serve with shrimp.



Rice pudding with mango

Ingredients (serve 4):

- ½ cups jasmine rice
- Two 14-ounce cans coconut milk
 - 1 cup sugar
- 1 teaspoon vanilla extract
- A pinch of salt
- 1 mango, peeled and diced

Instructions:

- ▶ Bring 3 cups of water to a boil in a medium pot over medium heat. Stir in the rice, cover, turn to low and let simmer until the rice has absorbed all the water and is tender. Or you just need a rice cooker to finish this job.
- ▶ In a large saucepan over low heat, combine the coconut milk, sugar, and vanilla, salt and cook until the mixture is hot and the sugar is dissolved. Do not let the mixture boil or the coconut milk will curdle. Stir in the cooked rice, cover and cook on low until thick and the rice has absorbed most of the coconut milk, for an additional 15 minutes.
- ▶ To serve, scoop the rice pudding into individual bowls, top with diced mango.



Mango flambé with ice cream

Ingredients

(serve 4):

- 1 tsp. butter
- 2 mango, peeled and sliced
- 3 tsp. sugar
- A pinch of salt
- 150ml rum
- 4 scoop of vanilla ice cream

Instructions:

▶ Heat butter in a large, sauté pan. Add mango slices, sugar, and salt. Sauté until the sugars begin to caramelize and turn a light, golden brown, over medium heat.

▶ Pour rum over the mangoes and let the liquor heat for 30-45 seconds. Light the liquor with a match and watch the show as the flames dance around your sauté pan. Once all the alcohol has burned off, the flames will go out.

▶ Serve mangoes over ice cream. Remember to ladle some of the sweet, rum-infused sauce over top.

Mango & lemongrass ice tea

Ingredients
(serve 4):

- 1.5 liter water
- 4 English Breakfast tea bags
- 5 lemongrass, lightly crushed
- 1 ripe mango, peeled and thinly sliced
- 50g granulated sugar

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Instructions:

- ▶ Boil water in a large saucepan. Remove from the heat and steep the tea bags about 5 minutes, then discard tea bags. Transfer tea to a large mixing bowl with lemongrass. Allow the tea to be infused until it cools to room temperature, about 45 minutes.
- ▶ Meanwhile, to a small mixing bowl, add mango, and sugar. Allow the fruit to sit until it's softened and formed juices.
- ▶ Transfer the fruit with juices to a large pitcher. Pour the cooled tea into the pitcher then use a large wooden spoon, stir to combine.
- ▶ Chill in the refrigerator and serve over ice.



Mango Colada

Ingredients

(serve 4):

- 125ml Pineapple juice
- 1 ripe mango, peeled and cubed
- 1 lime, juiced
- 80ml cream of coconut
- 80ml light rum
- Crushed ice

The image shows two tall, clear glasses filled with a vibrant orange-yellow mango smoothie. The glass on the left features a light blue corrugated straw with a heart-shaped top, a blue paper umbrella on a wooden stick, and a slice of mango perched on the rim. The glass on the right has a pink corrugated straw with a heart-shaped top, a pink paper umbrella on a wooden stick, and a slice of mango on the rim. In the foreground, a wooden cutting board holds several cubes of fresh mango. The background is a bright, out-of-focus window, suggesting a sunny outdoor setting.

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Instructions:

- ▶ Place all ingredients in a blender and blend until smooth and thick.
- ▶ Pour into tall glasses and serve with a straw.



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