

Kuini

Mangifera odorata

Common names	Kuwini mango, saipan mango, fragrant mango, manga manila, manga wani, palipisan, kweni, huani, kuwini, bembem, kaweni, kuweni, uani, juani, kinning, mamuang paa, cay muong, binjai.
Origin	Kuini is a mango variety belongs to Anacardiaceae family that is native to tropical Asia, specifically to West Malaysia. It is found in Guam, Indonesia, Malaysia, the Philippines, Singapore, Thailand and Vietnam. It is commonly cultivated in Borneo, Sumatra and Jawa and it seems to be occasionally cultivated in southern Vietnam, and on Christmas and Guam Islands.
Description	Kuini is a medium sized tree, 10-15m, rarely exceeding 20m in height, crown globose or broadly ovoid, bole straight, bark grey, containing irritant sap.
Growth Habitat	Kuini is strictly a tropical species. It thrives below 1000 m in tropical areas with a fairly heavy rainfall that is equally distributed throughout the year, although it grows even with a moderate rainfall (1200 mm) provided there are no prolonged dry periods.
Foliage	Kuini leaves are alternate, simple with prominent reticulated veins, 12-35cm long and 4-10cm wide.
Flowers	Flowers are 6mm in diameter, white-pink-violet in color, born in large panicles. The tree flowers throughout the year and the flowers are powerfully scented with a resinous aroma.
Fruits	Kuini fruit is 10-13cm long and 6-9cm in diameter, round drupe, with a green-yellowish skin and fleshy, sweet, juicy, edible yellow flesh when ripe. The sap of the skin on unripe

	kuini fruits is poisonous thus must be peeled thick if want to consume unripe.
Soil	Grows well in any well drained slightly acidic soil.
Pruning	Young trees should be pruned every 1-2 flushes to maximize branching and fruiting terminals. When trees reach bearing age, prune them each year to maintain size, thin out the canopy and remove dead wood. Main pruning is done after harvest.
Fertilization	Growth and fruiting will be better if fertilized with a general purpose garden fertilizer.
Propagation	Kuini is usually propagated by seed, only rarely by grafting; marcotting is possible but difficult.
Harvest	Can be picked when the scent becomes strong. Ripe fruits have a strong scent and you can readily tell when they are ripe. Completely ripe fruits fall from the tree.
Nutritional Properties	Food: About 70% of the fruit is edible. Per 100 g edible portion the fruit contains: water 80 g, protein 0.9 g, fat 0.1 g, carbohydrates including fibre 18.5 g, ash 0.6 g, beta-carotene equivalent 0.36 mg, thiamine 0.04 mg, riboflavin 0.06 mg, niacin 0.7 mg and vitamin C 13 mg. The energy value is 290 kJ/100 g.

<p>Health Benefits</p>	<ul style="list-style-type: none"> • As a rich source of iron, mangoes are a must have for pregnant women and anemic patients. Regular consumption of mangoes by pregnant women ensures the proper development of the fetus • Mangoes contain phenolic compounds, which are rich in anti-oxidants, which help in fighting cancer • If consumed on a regular basis, mangoes help to combat acidity and ensure proper bowel movement, thereby making the digestive system strong • Mango is a rich source of vitamin A, E and Selenium, which help to protect against heart disease and other such related ailments • Mango is also an effective remedy to remove clogged pores of the skin • Research has shown that eating mangoes can help you get relief from Kidney related problems including nephritis • Eating mangoes also provides relief from respiratory problems, fever, constipation, etc.
<p>Commercial Uses</p>	<p>Kuini fruit is usually consumed fresh and the unripe fruit can be used in chutney, pickles with salt and ice cream. In Java a kind of flour is made of the seed kernels and used in the preparation of delicacies such as 'dodol' (based on glutinous rice) and 'jenang pelok' (a thick pappy preparation from Curcuma rhizomes). Medicine: In folk medicine, the bark is recommended for external application in hystero-epilepsy, in the form of a compound like a cosmetic mixture. Timber: The wood is used locally as machang, but is reportedly of poor quality.</p>
<p>Food Suggestion</p>	<p>Kuini Muffin</p> <p><u>Ingredients:</u></p> <ul style="list-style-type: none"> • 125g low protein flour • 1 tsp baking powder • 90g salted butter (melted) • 90g castor sugar

- $\frac{1}{4}$ tsp salt
- 1 egg (lightly beaten)
- 40g ground almond
- 80ml fresh milk
- 120g kuini flesh or 1 kuini diced

Method:

- 1) Preheat oven to 180c.
- 2) Prepare muffin tin lined with paper cups.
- 3) Sieve together low protein flour, baking powder and salt in a bowl.
- 4) Add in ground almond and set aside.
- 5) In another bowl, mix melted butter with sugar, beaten egg and milk. Stir till well combined.
- 6) Pour liquid mixture into the dry ingredients. With the spatula, gently fold all the ingredients to form a wet batter.
- 7) Add in diced kuini, stir lightly.
- 8) Spoon into paper cups and bake for about 25 mins or till cooked.
- 9) Leave muffins to cool on cooling rack.