

HOW TO CUT, SLICE, PEEL AND PIT AVOCADOS



How to Cut or Slice Avocados in Half

1. Be sure to fully wash the fruit as directed below before cutting or slicing.
2. Place the avocado lengthwise on a secure surface. Hint: place a clean dish towel on your counter or under your cutting board to prevent slipping.
3. Hold the avocado securely with one hand as shown in the photo slideshow.
4. Slice slowly down the center lengthwise around the seed, starting at the narrower end.
5. Holding the avocado in the palm of one hand, use your other hand to twist and rotate the two halves apart.

After the avocado is cut scoop out the seed with a spoon.
Cut or quartered avocado sections are easier to peel.

How to Remove the Seed or Pit of an Avocado

Remove the seed (or leave it in if you plan to store one half) by slipping a spoon between the seed and fruit. Gently work the seed out of the fruit.

How to Peel an Avocado

For ripe Hass avocados, the outer skin or peel is easy to remove. Simply slice the avocado in half or cut into wedges as shown in photo. Then grasp the outer dark layer or skin and pull it away from the inner green flesh of the fruit. If some of the darker almost black portions of the skin remain on the green flesh of the fruit, simply cut them away. The yellow to green portions of the avocado are what you want. Do not consume the peel.

Note: The skin may be more difficult to peel away on fruit that is not fully ripe.

How to Prepare Fresh Produce Such as Hass Avocados

According to the U.S. Food and Drug Administration, when preparing any fresh produce, begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparation.

- All produce should be thoroughly washed before eating. This includes produce grown conventionally or organically at home, or produce that is purchased from a grocery store or farmer's market. Wash fruits and vegetables under running water just before eating, cutting or cooking.
- Even if you plan to peel the produce before eating, it is still important to wash it first.
- Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.

When preparing Hass avocados, be careful to prevent cross-contamination by keeping your Hass avocado preparation area clean and separate from other foods such as meat, poultry or seafood. Be mindful of other foods and surfaces they may come in contact with.

Source: Hass Avocado Board