

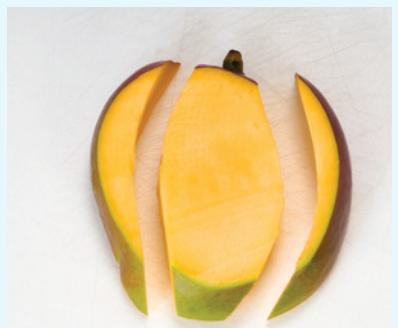
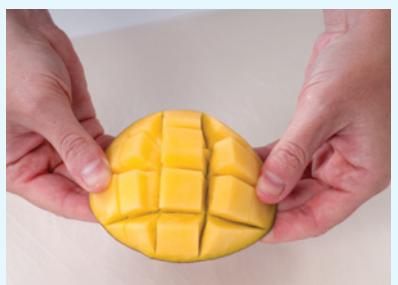


# HOW TO CUT A: Mango

## Step by Step Instructions:

Each fresh mango will yield about 1 cup of diced mango. Mangos have a very large, flat seed, so they cannot be sliced through the center. You'll notice the mango has opposing flat sides.

- 1: Place the mango with one flat side resting on the cutting board.
- 2: Slice the mango lengthwise along the flat side next to the seed.
- 3: Turn mango over and repeat on the other side. You should have two halves of mango pulp in the skin.
- 4: Set aside the seed with its remaining circle of pulp for later instructions.
- 5: Carefully cut a cross-hatch pattern through the mango pulp down to the skin, being careful not to cut through the skin.
- 6: Pick up the cross-cut mango half.
- 7: Place your thumbs gently on either end.
- 8: Place your fingers underneath in the center.
- 9: Gently push upward with your fingers while pressing down with your thumbs to turn the diced pulp inside out in the skin.
- 10: Carefully slice out the diced pulp by cutting between the cubed mango pulp and the skin. Discard skin.
- 11: Cut remaining pulp from the outer edge of the mango seed.
- 12: Pare the skin from the mango pulp.
- 13: Dice and add to the rest of the diced mango.





# HOW TO CUT A: Pineapple

## Step by Step Instructions:

Choose a pineapple that has firm, gold to brown skin (not too green) with green, loose leaves (not brown or wilted). A ripe pineapple will have a strong, fresh pineapple smell. To peel the pineapple you will need a long knife. If you have a serrated bread knife, that will work best because it is slightly flexible making it easier to follow the contour of the pineapple.

- 1: Cut off the leaves and about a 1/2 inch of the top and bottom of the fruit. If you like, you can use the top and leaves as part of a table decoration.
- 2: Turn the pineapple upright onto its base. Notice the dark brown "eyes" around the edge of the pineapple.
- 3: Place your knife on top of the fruit just behind one of the eyes. The eyes run down the side of the pineapple in a column. Slice down to the bottom of the fruit slightly turning your knife at the top and bottom to follow the curved shape of the pineapple.
- 4: The first cut you made will be wider than subsequent slices. Notice the rows of eyes on each side of the cut.
- 5: Cut off the rest of the pineapple skin by slicing down from top to bottom along each row of eyes (as revealed by your first cut). Your knife should be behind the eyes at approximately a 45 degree angle. Don't try to cut off too much of the peel at once or you will take a lot of good fruit with it.



South Carolina Department of Health  
and Environmental Control

