

HOW TO CUT AND PIT AVOCADOS

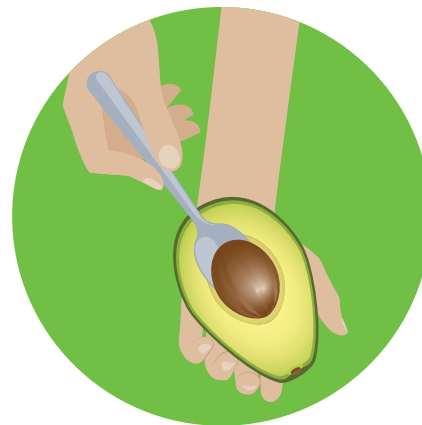
Ensure safe handling by following these simple steps to cutting and pitting.
Be sure to fully wash and dry avocados before slicing with a sharp knife.

**1**

Starting at the stem end, slice the avocado in half lengthwise, gently guiding the knife around the perimeter of the pit.

**2**

Gently twist the two halves apart.

**3**

Insert a spoon between the pit and the pulp and gently work the spoon around the pit to dislodge it.



THE KNIFE METHOD

Some chefs prefer to use a sharp chef's knife to dislodge the pit, thwacking the heel of the knife deep into the pit then twisting the knife to dislodge the pit. This method is effective, however the risk of knife injury is increased. It is recommended that the avocado be either placed on a secure cutting board rather than being held in the hand, or that the hand holding the avocado is protected with a folded kitchen towel.