

AVO CADO

The fruit of life

The safe step-by-step tutorial to cut avocados



1

Cut the avocado in half lengthways – through the skin and to the stone. Place the fruit on a cutting board or hold it carefully in your hand.

Twist the two avocado halves in opposite directions with your hands and gently pull the two halves apart.



2



3

Use a spoon to remove the stone. Alternatively, remove the pit by very carefully and firmly striking the stone with the heel of a chef's knife, then lifting it out. A gentle twisting motion sometimes helps.

Use a spoon to scoop out the green flesh. Alternatively, cut the avocado halves lengthwise to produce long sections and then simply peel these slices in the same way you would peel a banana.



4



5

Sprinkle the avocado flesh with lemon juice as soon as possible, so that it won't oxidize and turn brown. Slice, cut into chunks or mash your avocado – and enjoy!

