



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.





HOW TO CUT A: Pineapple continued

- 6: Once you have completely peeled the pineapple, check the fruit over for any skin or eyes you may have missed. Remove any remaining eyes with a paring knife.
- 7: To cut the pineapple into wedges or chunks, first cut the pineapple into four sections. Cut straight down through the center core and then again through the center core of each half.
- 8: Place the quarter section of the pineapple core side up. Slice away the core by cutting lengthwise just under core. The core is easily distinguishable from the edible fruit because it is lighter in color and fibrous in texture. Repeat with remaining quarters.
- 9: Once the core has been removed, cut the pineapple into desired sizes.
- 10: To store, place in airtight container and refrigerate.

