

Peeling and Slicing a Mango

If you find yourself trying to tango with a mango, try this method, adapted from information provided by the National Cancer Institute 5 A Day Program <www.5aday.gov/recipe-mango_and_melon_salad.shtml>:

PEELING & SLICING A MANGO

1. Wash the mango. Cut the mango in half lengthwise by slicing off each fleshy cheek of the mango vertically along the FLAT side of the center seed.



2. Hold one mango half peel side down and score the fruit down to the peel (but not through it) in a tic-tac-toe fashion.



3. Hold the scored portion with both hands and bend the peel backward so that the diamond cut cubes are exposed

4. Cut cubes off peel, then remove any remaining fruit clinging to the seed.



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Web loction of this article: <http://lancaster.unl.edu/food/peeling-mango.pdf>

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