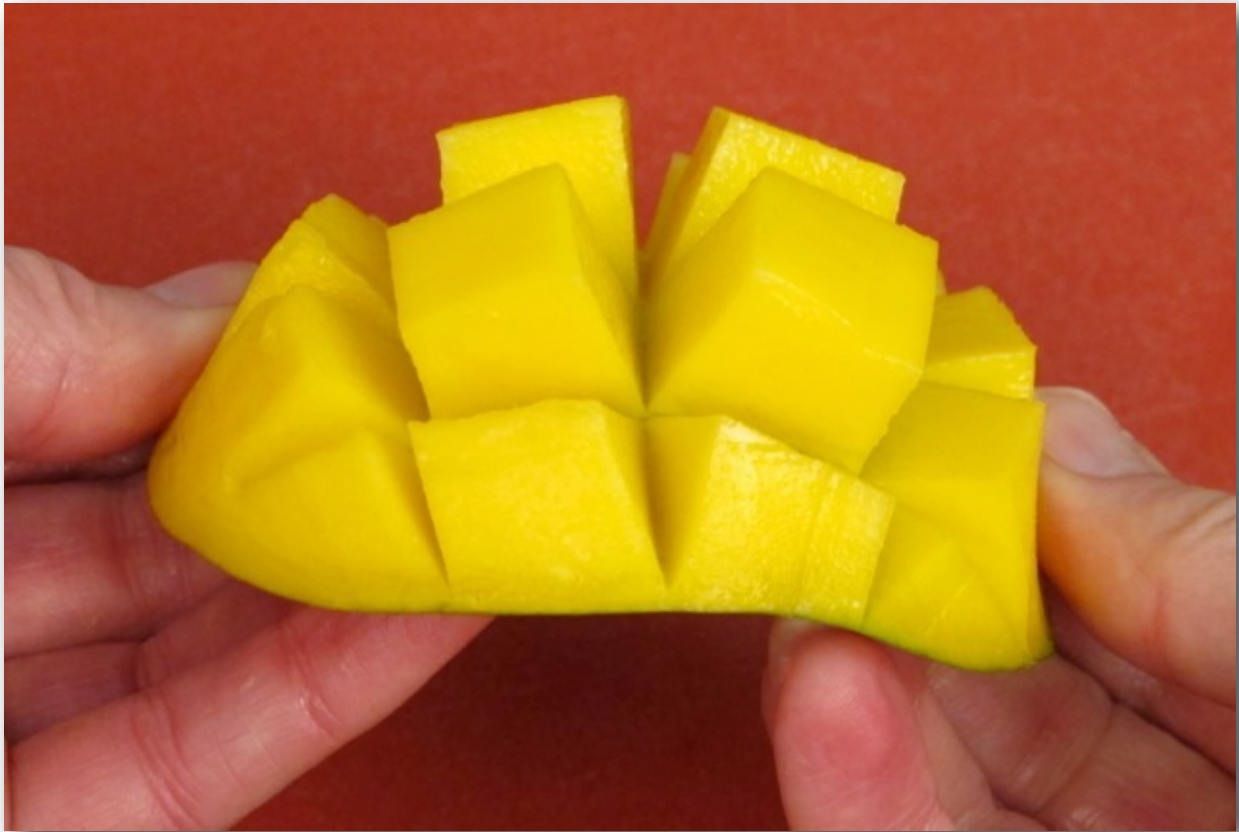


How to Cut a Mango



TIP:

1. This is the easiest, most “mess-free” way I’ve found to cut a fresh mango. I saw this technique first in Cook’s Illustrated magazine years ago and have used it ever since.
2. Mangos usually come to market more green than yellow or red, underripe and very firm. The directions below show how to determine ripeness as well as how to ripen underripe mangos easily

at home. Just beware that ripening takes at least a few days – sometimes about a week.

Needed

Ripe Mango

Sharp Short Bladed (Paring) Knife

Cutting Board

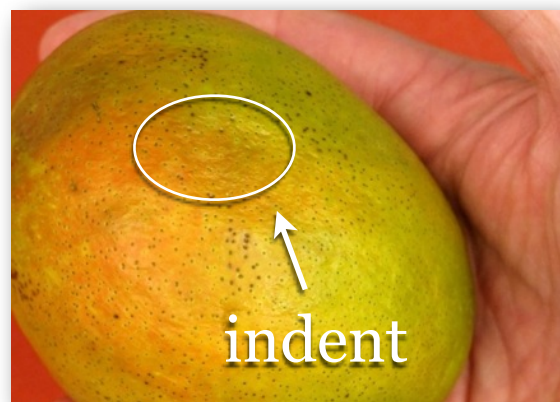
Bowl

Paper Bag (if needed – to ripen underripe mangos)



How to Check Ripeness and Ripen Mangos

To check a **mango** for ripeness, hold it in the palm of your hand and press the **mango skin** with your thumb using a little more pressure than you'd use to grip a pen firmly. The **mango** is ripe if it feels slightly soft to the touch and has an indent where you squeezed it with your thumb. If, however,...

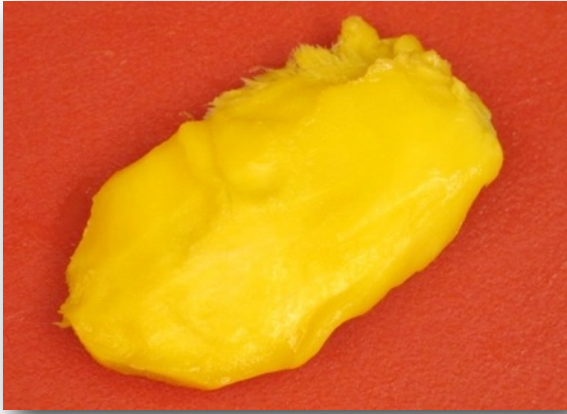


...your **mango** is firm and doesn't feel soft at all when squeezed, it is underripe. To ripen **mangos** at home, put them in a paper bag (NOT plastic bag - plastic bags don't allow for the air exchange needed for ripening; paper bags do), close the bag loosely, and store them out of direct sunlight at room temperature for a least a few days or longer (I put mine on top of the refrigerator to keep them in sight & in mind so

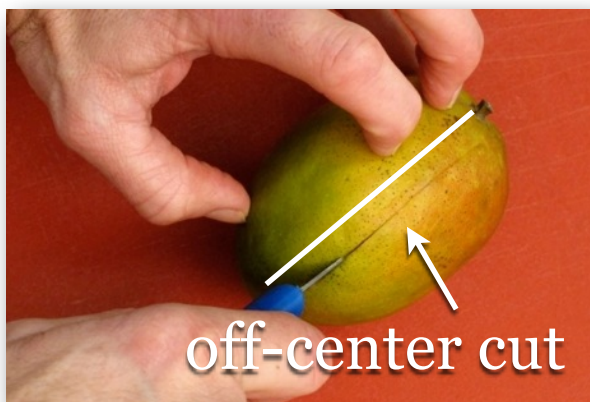
that they don't get forgotten and spoil). Check every other day or so for ripeness as shown in the photos above, and store **ripened mangos** with other produce in the refrigerator.



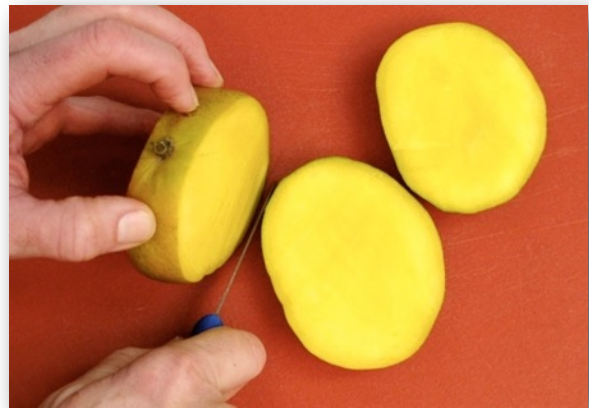
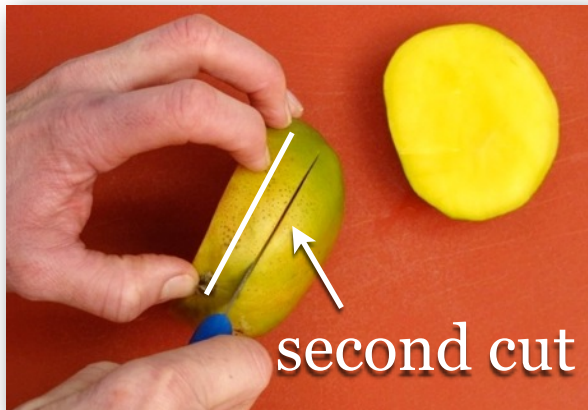
1. The **seed** inside the **mango** is almond-shaped: long, wide and thin, and very fibrous as shown below.



To cut around the **seed** as easily as possible, start by securely holding the **mango** with one of its more narrow sides down on the cutting board. Make a lengthwise cut about 1/4 - 1/2 inch (6-12 mm) off-center as shown below to avoid cutting into the **seed** in the middle of the **mango**, and make that cut through the full width of the **fruit**.



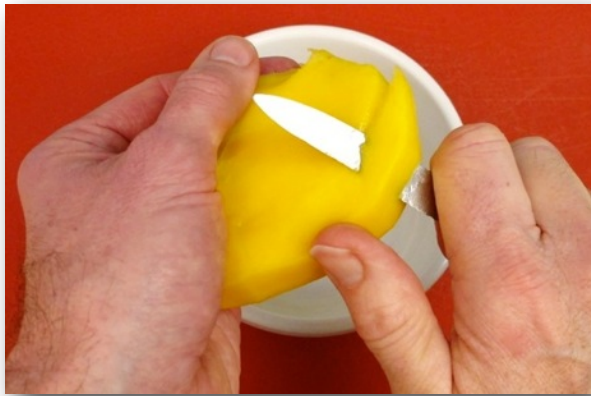
Turn the **mango** 180°, and make a second off-center cut just like the first cut through the full width of the **fruit**.



2. Hold the **middle piece of the mango** that still has the **seed** in it securely in your hand (the piece will be a bit slippery). Make a shallow cut just beneath the surface of **skin** that starts under the **stem** and then continues in a strip all around the **mango piece**.



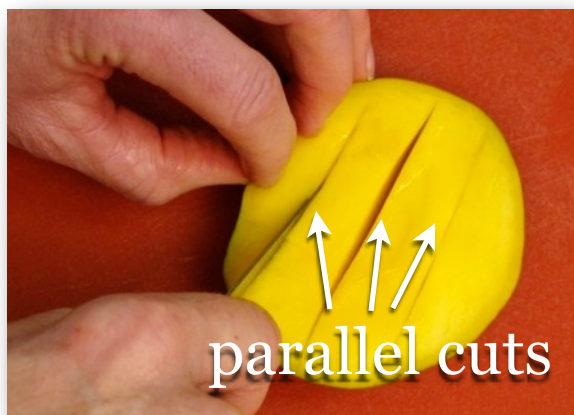
Cut lengthwise strips with the grain of the **fruit fibers** and shave off as much of the **fleshy fruit** as possible from the **seed** as shown. You'll be able to feel the **tough, fibrous seed** in the middle with the knife, so cut closely to the **seed** without cutting into it until the **seed** looks about...



...like this.



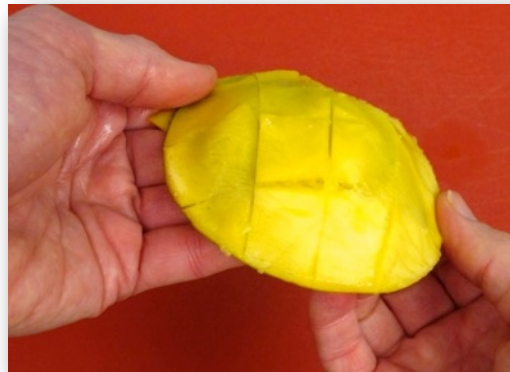
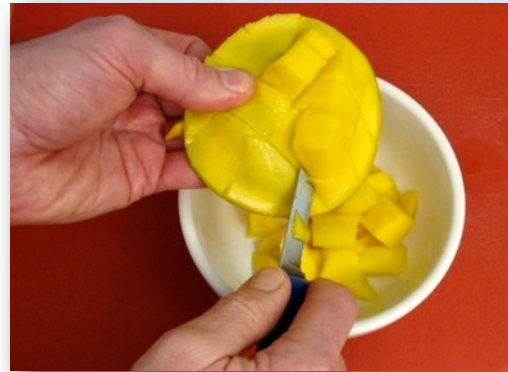
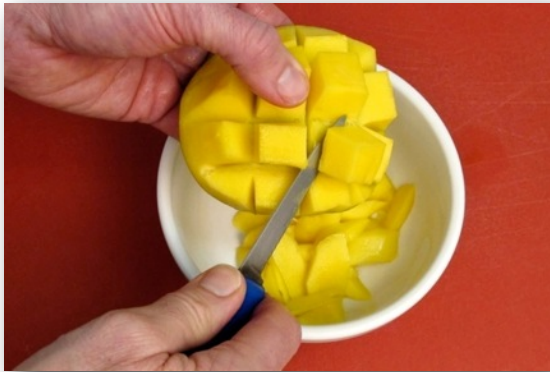
3. Prepare the remaining **two mango halves** by first making lengthwise parallel cuts $1/2 - 3/4$ inch (12-18 cm) apart into the **fruit** but not through the **skin**. Then make cross cuts the same width as the lengthwise cuts, also making sure the knife does not cut through the **skin**.



Hold one **mango half** at a time with two hands and push up the skin from below in the middle of the **piece** as shown so that the **cube-shaped sections** splay out.



Cut the **cube-shaped fruit sections** free as closely to the **mango skin** as possible into a bowl so that what you have left in your hand looks about like the third picture below and...



...what you have in the bowl looks like this.



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"Show Me How" Video & Picture Book Cooking