# How to Ripen & Prepare Kiwifruit



#### TIPS:

1. What are kiwifruits? Kiwifruits, also known as kiwis, are native to Southern China but are now grown plentifully around the world with a fresh fruity flavor that's a cross between bananas, strawberries and pineapple. Kiwifruits are rich in vitamins A, C and E, and their black seeds, when crushed or chewed, are an excellent source of beneficial Omega-3 fatty acids. Ripe

kiwis are slightly tender to the touch. Usually, though, the fruit comes to market under-ripe and very firm. The directions below show how to ripen under-ripe kiwis easily at home. Just beware that ripening takes at least a few days - sometimes more than a week.

2. **How to prepare kiwis:** There's more than one way to prepare kiwis. The directions below show two ways prepare them: cut in half & scoop; and peel, slice & chop.

### Needed

Kiwifruits
Sharp Short Bladed (Paring) Knife
Cutting Board
Spoon (if you're cutting the kiwi in half and scooping out the fruit)
Paper Bag (if needed - to ripen under-ripe kiwis)



# **How to Check Ripeness and Ripen Kiwis**

To check a **kiwi** for ripeness, hold it in one of your hands between your thumb and forefinger, as shown in the picture to the left below. Then press on the **kiwi skin** with your thumb using a little more pressure than you'd use to grip a pen firmly. The **kiwi** is ripe if it feels slightly soft to the touch and has an indent where you squeezed it with your thumb, as shown in the picture to the right below. If, however,...





...your **kiwi** is firm and doesn't feel soft at all when squeezed, it is under-ripe. To ripen **kiwis** 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). Check every other day or so for ripeness as shown in the photos above and store **ripened kiwis** with other produce in the refrigerator.







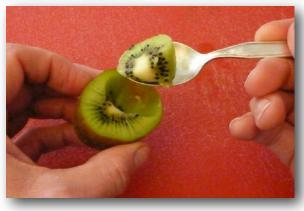
## **How to Prepare Kiwis**

See the directions directly below if you want to cut **kiwis** in half and then scoop to eat them out of their skin. See the directions further below to peel, slice and chop **kiwis**.

**Cut in half & scoop:** To eat a **kiwi** right out of its **skin**, cut it in half cross sectionally, then use a teaspoon to scoop and lift the **fruit** from its skin.







Peel, slice & chop: Use a sharp short bladed (paring) knife to cut under and around the **stem** 

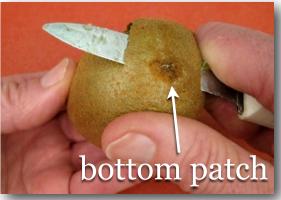
**patch** so that the tough **stem end** can be removed in a single cone-shaped piece.





Remove the **kiwi skin** by making shallow cuts just underneath the **skin** lengthwise down the **side of kiwi**, making sure to remove the **bottom patch**, as shown in the picture on the right, until the **kiwi** looks about like...



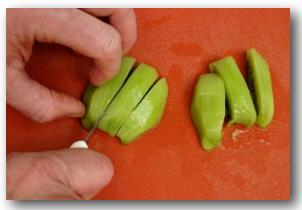


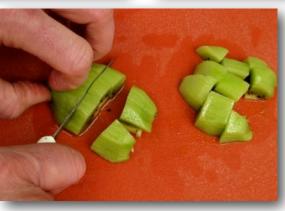
...this.



Cut the **skinned kiwi** in half lengthwise. Cut each half again lengthwise into 2-3 slices, and then cut the slices in cross section into pieces 1/2 - 3/4 inch (12 - 20 mm) wide until what you have looks like...







### ...this.



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