



How to a Cut a Pineapple

INGREDIENTS

- 1 Pineapple

DIRECTIONS

1. Lay the pineapple on it's side. Slice off the top, about 1/2-inch down from where the green crown and flesh meet. Turn the pineapple around, and trim off about 1/2-inch from the bottom of the fruit.
2. Stand the pineapple up on the bottom side. Carefully trim the thick fibrous skin, starting from the top to the bottom, being careful to preserve as much of the sweet flesh as possible.
3. Cut the cleaned pineapple in half through the center, then in half again. Cut the thick and fibrous core from the center of each wedge. Cut each quarter into spears, slices, chucks, or smaller bite-sized pieces.



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