

8 FOOD PREPARATION

Familiar with most fruit grown in the UK climate?
What about trying some of the more exotic fruit?

Fruit

Pineapple

(Pineapple family
– *Bromeliaceae*)



Slice off leafy top (including half inch of fruit) and the opposite end of the pineapple (bottom) and discard.

Stand the remaining fruit upright and cut skin off round the edge.

Once fully peeled, remove any 'eyes' using top section of a potato peeler.

Quarter the fleshy, peeled pineapple (by cutting in half and then half again).

Remove inner core by slicing off inner section of each quarter, as this part of the pineapple can be tough to eat.

Fruit

Mango

(Cashew family
- *Anacardiaceae*)



Wash outer skin of mango.

Hold mango upright and cut off flesh either side of the stone.

Hold each cheek flesh side up and cut horizontal lines and vertical lines into the flesh (criss-cross pattern).

Turn each cheek inside out so that the cubes sit up like a hedgehog.

The pieces can be easily sliced into the bowl or eaten off the skin.

Papaya

(Papaya family
- *Caricaceae*)



Wash papaya, cut lengthwise and scoop out seeds (much like a melon). The flesh can either be scooped out with a spoon or the papaya can be cut into manageable slices/segments.

TIP

Don't waste the seeds, these are edible. Papaya seeds have a distinct peppery taste and may be chewed whole or blended into a salad dressing.

Kiwi fruit

(Chinese
Gooseberry
family -
Actinidiaceae)



Three options:

1. Cut the top off like you would a boiled egg, and scoop out the inside with a spoon (good for eating kiwi 'on the go' and also for riper fruit).
2. Cut off top and bottom (top and tail) the kiwi and remove skin with a small sharp knife, placing kiwi upright and cutting skin off near the side.
3. Finally, if you don't mind fuzzy textures, the fruit can be eaten with the skin on! Make sure the fruit is washed first!

Passion fruit

(Passion flower
family - *Passifloraceae*)



Cut passion fruit in half and scoop out the edible seeds and connecting inner flesh, disgarding the hard outer 'shell'.

Fruit

Lychees

(Soapberry family
- *Sapindaceae*)



Cut open the skin using the thumb or a knife.
Peel off all the outer skin –this should be easy to remove.

Once peeled, open the fruit using the thumb or knife to remove the inner stone, which is very smooth and hard (and slightly poisonous).

‘Curl’ the fruit back into its original shape. The fruit is ready to eat!

Dragon fruit

(Cactus family – *Cactaceae*)



Cut the fruit down the centre using a sharp knife, separating the fruit into two sections.

The inner flesh will have black edible seeds, just like a kiwi fruit, and will be red or white.

Separate the flesh from the outer skin by running a spoon along the circumference of the fruit.

Lift the flesh out of the skin (keep the non-edible skin for serving) and place ‘flat-surface’ down on a cutting board.

Cut into chunks or cubes and return to skin to serve.

The fruit has a sweet flavour similar to a cross between a pear and kiwi fruit, and a crunchy texture.

Avocado

(Laurel family
- Lauraceae)



DID YOU KNOW?

Anthocyanins (potent antioxidants) are found in *fresh* and *frozen* fruits but not when fruit has been processed, for example in baby foods, cereals and cereal products.

Cut the avocado in half.

Twist the two halves in opposite directions to help remove the halved fleshy sections from the inner stone/pit.

Remove the pit using the tip of a knife or with a spoon.

Scoop out flesh with a spoon (if soft), or slice/chop avocado, first removing the thick outer skin with a sharp knife.

Sprinkle with lemon juice once cut to prevent darkening of the flesh due to air exposure.

Vegetables

Aubergine

(Potato/Nightshade family - *Solanaceae*)



Wash the aubergine and cut off the cap and stem.
Slice and/or cube the aubergine according to recipe requirements.

Garlic

(Onion family - *Alliaceae*)



Remove outer leaves/skin of garlic to reveal individual cloves, removing centre stalk.

Separate cloves.

Top and tail (ie. remove small piece from top and bottom of clove,) and remove skin from clove to reveal inner flesh.

Slice and chop clove to desired size, or crush using the flat side of a knife, pestle and mortar or garlic crusher.

Root Ginger

(Ginger family -
Zingiberaceae)



1. Slice off a 4cm piece of fresh ginger root (or whatever quantity is needed).
2. Peel off the woody outer skin with a peeler or sharp knife to leave the inner flesh.
3. Chop the ginger to the desired size or crush in a pestle and mortar.

Fennel

(Carrot family
- *Apiaceae*)



Stalks, leaves (herb), and bulb of fennel can all be used.

Cut stalks from bulb.

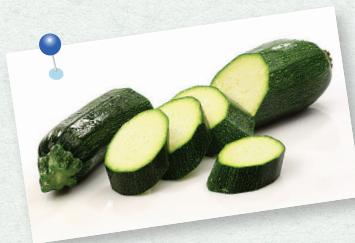
Cut bulb in half, remove base and rinse with water.

Slice the bulb, cutting vertically.

For julienne, chunks or diced fennel, first remove the hard centre core before cutting.

Courgette

(Marrow family
- *Cucurbitaceae*)



Wash the outer skin under cold running water.

No need to peel as skin is edible.

Slice off two ends (top and tail).

Slice thickly or finely, straight or at an angle, according to use and preference.

Vegetables

Winter Squash

(Marrow family
- *Cucurbitaceae*)



Wash and cut in half lengthwise.

Lightly peel (or leave unpeeled if roasting and simply place on a baking tray peel side up).

Scoop out seeds and any fibrous material with a spoon.

Chop into cubes or chunks.

Sweet Potatoes

(Morning glory family
- *Convolvulaceae*)



Wash and peel (if non-organic).

Cut into cubes, wedges or thick slices.

Use immediately once peeled/cut as exposure to air can darken the flesh of the sweet potato.

Best served roasted or steamed.

Peppers

(Potato/Nightshade
family - *Solanaceae*)



Wash pepper under running water.

Using a paring knife cut around the stem and gently remove.

Cut pepper in half lengthwise.

Remove core and seeds.

Place pepper skin side down to cut.

Cut lengthwise for strips and widthwise for rings, or combine for dicing.

Chilli peppers

(Potato/Nightshade family - *Solanaceae*)



If possible use disposable gloves when preparing chillies. It is important not to touch your skin or eyes as the capsaicin in the peppers can cause extreme pain to these sensitive areas.

Wash chillies and slice off stem.

Cooler bite - Cut in half lengthwise and remove the seeds and veins/ribs (NB. the hottest part of the chilli is where the seed attaches to the white membrane of the pepper's flesh) and chop to desired size.

Hotter bite – chop chilli with seeds intact.

Wash hands thoroughly after preparation.

Celeriac

(Carrot family – *Apiaceae*)



Top Tip
Good in soups
and stews
as absorbs
flavours well.

Can be bitter so
make sure to
cook properly!

Peel before using but not too much as many nutrients are found just under the skin.

Cut into cubes. If boiling, boil for about 10 minutes.

Bitterness in soups may be reduced by boiling for a few minutes first, then discarding cooking water and adding to the other soup ingredients.

For salads, cook for approx 1 minute, and plunge into cold water before shredding.



Vegetables

Artichoke

(Sunflower family
- *Asteraceae*)



Hold the artichoke by the stem, and cut the artichoke in half horizontally.

Remove the stem at the base of the artichoke by pushing it away from yourself. Once broken, pull the stem from the artichoke and remove the fibres.

Remove the leaves from the cut edges by snapping and cutting

Peel the skin to leave only the white 'fond' or 'heart' (edible portion), removing the tip of the artichoke by slicing with a knife.

Remove the hairy choke from the centre of the artichoke by scraping with a spoon.

Peel lightly, removing only the papery outer skin and as little edible flesh as possible.

Slice or chop.

Leave for 5 minutes before using or eating to enhance their health promoting properties.

Onion

(Onion family
- *Alliaceae*)

