The Easy Way to Cut Up a

CARIBBEAN RED
Papaya

TOOLS NEEDED

Sharp Knife
Cutting Board
Serving Spoon
Small Bowl

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STEP 1
Place Caribbean Red Papaya on its side. Cut off about 3 inches off the bottom, enough to view seed cavity

STEP 2
Holding the cut bottom over a bowl, scoop out most of the seeds.

STEP 3
Stand the papaya on its end. Slice off the peel in thin, downward slices. Leave enough peel at top to hold and turn the fruit. Position a spoon below to easily pick up the slippery peels.

STEP 4
Place the papaya back on its side. Hold the top of the papaya while you trim any remaining peel off the bottom.

STEP 5
With the peel off, cut off the top.

STEP 6
Slice down the middle of the papaya.

STEP 7
Flip over to show seed cavity. Scoop out any remaining seeds and any white fibers.

STEP 8
If chopping for salads, turn the papaya seed cavity down, and slice lengthwise to your desired width.

STEP 9
Turn chopping board and slice across the papaya for bite-sized chunks.