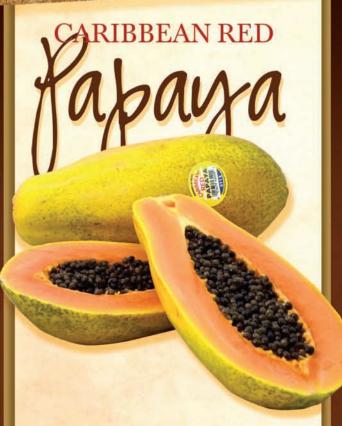
The Easy Way to Cut Up a



TOOLS NEEDED

Sharp Knife
Cutting Board
Serving Spoon
Small Bowl



GROWER . PACKER . SHIPPER

800.327.4833 • Fax: 305.246.5827

www.brookstropicals.com



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.