

CUTTING & PREP TECHNIQUES FOR HIGH-VOLUME KITCHENS

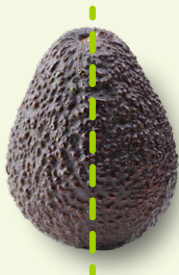
START WITH THE RIGHT RIPENESS

USE AVOCADOS THAT:

- ✓ Yield gently to light pressure
- ✓ Have a creamy texture
- ✓ Are free from bruising and soft spots

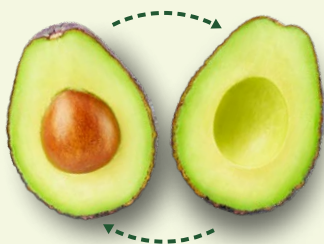


4-STEP CUTTING METHOD



1 CUT

Slice lengthwise around the pit



2 TWIST

Separate halves with a gentle twist.



3 REMOVE PIT

Use approved kitchen safety procedures.



4 REMOVE PIT

Slice, dice, or mash based on menu needs.

HIGH-VOLUME KITCHEN TIPS

- ✓ Sort avocados by ripeness before prep
- ✓ Standardize slice and dice sizes for portion control
- ✓ Prep to forecasted demand to reduce waste
- ✓ Handle fruit gently to prevent bruising
- ✓ Keep cut avocado covered and refrigerated until service

REDUCE BROWNING

- Limit air exposure
- Store in covered food-safe containers
- Keep refrigerated until use



AVOCADOS
FROM
COLOMBIA

AvocadosColombia.com