

How to cut a mango

1. Stand the mango on your cutting board stem end down and hold. Place your knife about 1/4" from the widest center line and cut down through the mango. Flip the mango around and repeat this cut on the other side. The resulting ovals of mango flesh are known as the "cheeks." What's left in the middle is mostly the mango seed.



2. Cut parallel slices into the mango flesh, being careful not to cut through the skin. Turn the mango cheek 1/4 rotation and cut another set of parallel slices to make a checkerboard pattern.



3. Here's where you can choose your favorite method. Either "Slice and Scoop"—scoop the mango slices out of the mango skin using a large spoon—or "Inside Out"—turn the scored mango cheek inside out by pushing the skin up from underneath, and scrape the mango chunks off of the skin with a knife or spoon.



Hint: If you are making a recipe that calls for diced mango, make your cuts in step 2 closer together. The result is small pieces of diced mango and no need to further cut up the mango pieces on your cutting board

