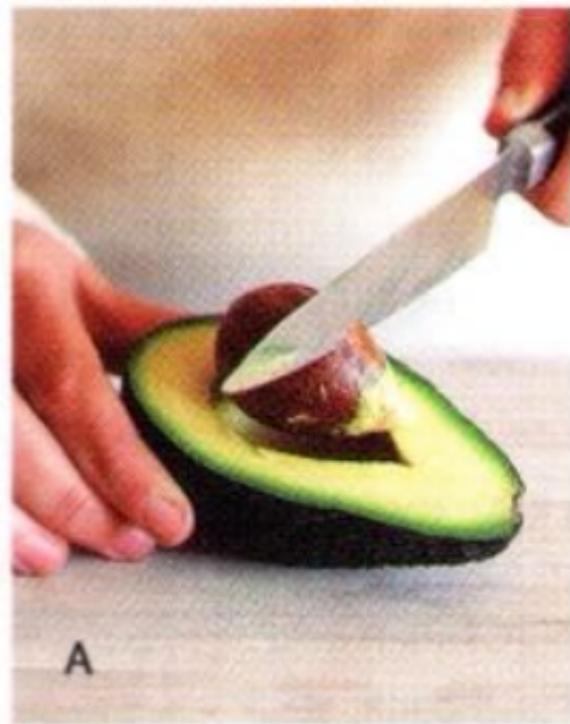
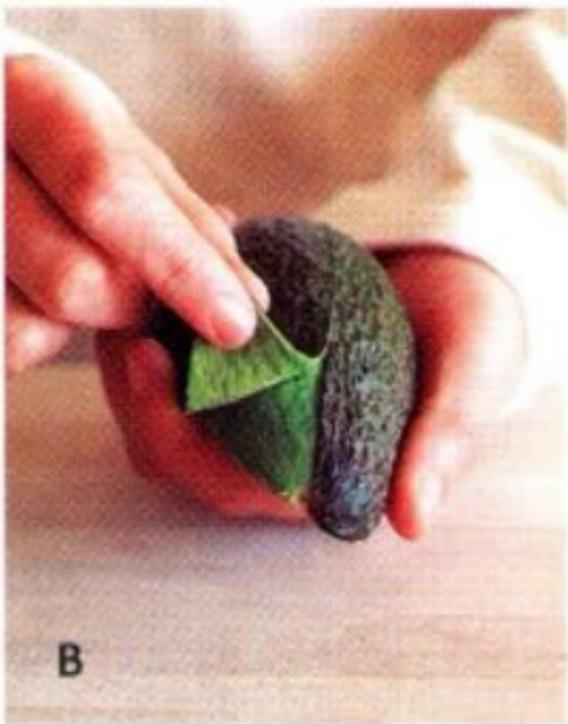


How to get the most from your avocado: flavor and beauty



A



B

- 1) Use it when it's just ripe. How to tell? Squeeze it with your whole hand; it should have the same "give" as chilled butter.
- 2) Preserve the tastiest part, the dark green layer under the skin. First, remove the pit: Cut lengthwise around the middle to the center and twist halves apart. Thunk a chef's knife into pit (A) and twist to pull out. To get pit off, slide against inner rim of kitchen sink. If you're mashing the avocado, scrape it out with a spoon. If you want beautiful, perfect slices and dice, score skin down center with a paring knife and carefully pull off peel (B).