

Tips on Spiralizing

Apples—Choose firm fruit.

Beets—Scrub the beets to remove any dirt or peel

Broccoli stalks—Trim the knobby parts. Apply pressure, as it is firm.

Cabbage—This is a way to shred cabbage. Secure the bottom of the cabbage on the spiralizer flat blade.

Cantaloupe—Cut in half and remove the rind. Cut into large chunks. Apply gentle pressure.

Celeriac—Choose smaller celeriac. Cut off the hairy, bumpy outer skin. Apply pressure, as it is firm.

Chayote—Apply gentle pressure.

Cucumber—Apply gentle pressure.

Daikon—These are easy to spiralize.

Kohlrabi—If it is mature, peel it. If it is a baby, just trim the bumpy parts. Apply pressure, as it is firm.

Mango—These can be challenging. Choose a firm, but ripe mango. Peel. Secure a flat side onto the spiralizer blade. Apply gentle pressure. When you reach the pit, turn it over and repeat on the other side.

Onion— Slice off the ends and peel. The result is similar to using a mandolin.

Parsnip—Choose thicker ones, at least an inch in diameter. Use the thicker end.

Pear—Choose firm fruit. Apply gentle pressure.

Potato, russet—Peel before spiraling.

Potato, sweet—Peel. Cut down to fit your spiralizer.

Radish—Choose larger ones.

Rutabaga—Peel before spiraling.

Squash, butternut—Choose small, thinner squash. Peel. Cut in half to fit your spiralizer, as needed. Secure on the spiralizer blade and apply firm pressure.

Squash, yellow—These are easy to spiralize.

Turnip—Peel before spiralizing.

Zucchini—These are easy to spiralize.

Reference: Anca, Chris. Nourishing Noodles, 2016.



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