

How To Peel A Pomegranate



1. Grab a cutting board, paring knife, large bowl, colander, clean dish towel and a pomegranate.

2. Wash your pomegranate.

(Keep in mind that pomegranate juice can stain.)



3. Use your paring knife to cut off the top of the pomegranate.



4. Make 4-5 shallow cuts around the pomegranate only through the skin, not through the fruit.

(If you cut too deep it will start to bleed.)



5. Place your pomegranate in a large bowl and cover it with water.

6. Pull your pomegranate apart with your hands to break it into sections along the cuts that you made.



7. Under water, gently separate the seeds from the white skin.

8. The skins will float to the top while the seeds tend to sink, making it easy to separate the two.



9. Remove all the skin that is floating at the top of your bowl before pouring the seeds into your colander.

10. Rinse with cold water and remove any remaining skin.