

# How to Peel a Dragon Fruit

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Co-authored by [Ed Kuoha](#) and [4 contributors](#)

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Dragon fruit, also known as pitaya, is a delicious fruit that's brightly colored and tastes sweet. To eat your fresh dragon fruit, there are a couple ways to remove the skin. You can cut the dragon fruit lengthwise into sections before peeling the skin off using your fingers, or you can scoop the flesh out using a spoon. Make sure all of the skin is off of the dragon fruit before enjoying it!

## Things You'll Need

- Cutting board
- Sharp knife
- Plastic container or plastic bag
- Spoon (optional)
- Bowl (optional)

Method

1

Method 1 of 2:

### Pulling off the Skin



**1** **Cut off both ends of the dragon fruit using a sharp knife.** Place the dragon fruit on a cutting board and chop off each end carefully. Hold the fruit in place to make sure it doesn't move, and slice off enough of each end so that you cut into the pulp.<sup>[1]</sup> <sup>[2]</sup>

- If you've chopped off an end and you can't see the pulp, you need to cut off a little more.



- 2 Create a cut along the length of the skin to keep the fruit whole.** If you want your dragon fruit peeled but not cut in half, make a shallow cut lengthwise down the skin. You want the cut to go all the way through the skin and lightly touch the pulp.<sup>[3]</sup>
- If you choose this method, it may take more effort to begin the peeling process, as your finger will have to wedge itself into the cut in the skin.



- 3 Slice the dragon fruit in half for an easy peeling process.** Hold the dragon fruit steady and cut into it lengthwise. Cut each half of the dragon fruit in half again, creating 4 sections, if desired.<sup>[4]</sup>
- It's easier to peel the dragon fruit when it's in smaller wedges.



**4 Peel the skin off slowly using your fingers.** [5] Situate your thumb in between the flesh and the skin if you cut the dragon fruit in half, or in the lengthwise cut you formed in the skin if you're keeping the fruit whole. Use your fingers to start pulling off the skin slowly, moving your way along the dragon fruit.[6]

- Pull away from the dragon fruit to make the process easier.



**5 Remove any excess skin using a sharp knife.** If you've finished peeling off the skin and there are still remnants of it left, use a knife to remove these parts. Now your dragon fruit is ready to be eaten![7]

- While it's debated as to whether dragon fruit skin is edible or not, most people agree you shouldn't eat the peel.
- Cut the dragon fruit into slices or cubes, or keep it whole to do with as you please.
- Store the dragon fruit in a sealed container in the fridge for 1-2 days.

Method  
2

Method 2 of 2:

**Scooping out the  
Pulp**



**1 Slice the dragon fruit in half lengthwise.** Place the dragon fruit on a cutting board and use a sharp knife to cut it in half. If the dragon fruit is ripe, it will cut easily. Hold it firmly with one hand to ensure an even cut.<sup>[8]</sup> <sup>[9]</sup>

- When a dragon fruit is ripe, the skin turns a reddish pink color that's even in tone, and it's often softer.



**2 Use a spoon to scoop the pulp out of the dragon fruit.** Hold one half of the dragon fruit in one hand, using the other to dig a spoon into the flesh and scrape it out. A large spoon works well to scoop out the first large clumps, while a smaller spoon will help you remove the flesh from the skin.<sup>[10]</sup> <sup>[11]</sup>

- You can also use a scooper to produce perfectly round balls.



**3 Place the pulp in a clean bowl.** Each time you scoop out a piece of flesh, place it in a bowl big enough to hold all of the dragon fruit. You can transfer the dragon fruit to something else, such as onto a plate or into a recipe, later on. The bowl will keep the dragon fruit from getting dirty once it's been de-skinned.<sup>[12]</sup>



**4 Remove any skin still attached to the dragon fruit.** If you notice patches of skin still attached to the flesh after you've scooped it out, you'll need to trim them off. Use a knife to cut off any small pieces of skin so that the dragon fruit is edible.<sup>[13]</sup>

- The skin of a dragon fruit shouldn't be eaten.



**5 Eat your pieces of dragon fruit or use them in a recipe.** Dragon fruit shaped in little round balls from a scooper goes great in a fruit salad, or you can snack on your dragon fruit plain as it is. If you scooped out large sections at once, consider using a knife to cut them into smaller pieces.<sup>[14]</sup>

- Place the dragon fruit in the fridge for 1-2 days if there's any left over. Put it in a sealed container or plastic bag to keep it as fresh as possible.

## Video

[Read Video Transcript](#)

<https://www.wikihow.com/video/9/96/Peel+a+Dragon+Fruit+Step+0.1080p.mp4>

## References

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## About This Article



Co-authored  
by:  
**Ed Kuoha**  
Chef

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This article was co-authored by **Ed Kuoha**. Ed Kuoha is a Chef and the Owner of Kuoha Culinary based in Aiea, Hawaii. He has more than 20 years of experience in various culinary kitchens and settings such as Morimoto Waikiki, where he received hands-on training from Iron Chef Morimoto. Chef Ed specializes in small catering events and private chef requests. He holds an Associate's degree from The Culinary Institute of the Pacific at Kapiolani Community College. This article has been viewed 58,191 times.

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