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English 219  
Jan. 5, 2015

## How to Peel a Pear

### Introduction

These instructions specify how to remove the skin of a pear. Peeling a pear accomplishes two functions: The pear is more clean, because it has no area that has been directly exposed to insects, dirt, or chemicals. Also, the pear is more aesthetically pleasing, because it presents a uniform surface.

Peeling a pear requires average manual dexterity, two hands, and no previous experience. The task can be performed in about 10 minutes. Then you will have a clean, tasty pear, ready to eat or use in a recipe of your choice.

### Equipment Needed

1. Sink.
2. Vegetable peeler. A typical peeler is about 5 inches long. About half the length is the handle. The rest of the length is the blade. The blade is slightly curved and has a sharpened slot in the center.

### Steps

1. **Wet the pear.** Either dip the pear in water or hold it under running water briefly. Use water of moderate temperature, so that you are not exposed to undue heat or cold.
2. **Grip the pear with the nondominant hand.** Either edge may be gripped. Hold the pear lengthwise. Hold the pear over the sink.
3. **Grasp the handle of the peeler with the dominant hand.** Ensure that you grasp the handle and not the blade. Hold the handle as you might hold a roll of coins. Put the thumb near the top of the handle. Hold the peeler so the part of the blade that is curved out faces away from the palm of the hand.
4. **Place the blade firmly on the pear.**
5. **Move the peeler lengthwise down the pear.** Hold the blade firmly against the pear. Each such stroke will remove a length of peel. Peel with moderate force, because too much force can cause the pear to fall out of your hand.
6. **Continue stroking the pear with the peeler.** Stop when about half the pear is peeled.
7. **Peel the end of the pear.** Stroke the round end with the blade. Peel the end the same way you peeled the sides of the pear.
8. **Turn the pear around.** Hold the peeled side. Hold the pear over the sink.
9. **Peel the rest of the pear.** Repeat steps 5-7.

Now your nutritious pear is ready for you to enjoy. The peels may be put down a garbage disposal, placed in your trash container, or used for compost.