

# how to slice bell peppers

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an online tutorial

by lyford rome

edtec 572

summer 2008

dr. minjuan wang





*capsicum annuum*

[title page](#) [intro](#) [menu](#) [credits](#)

[back](#) [next](#)



[title page](#) [intro](#) [menu](#) [credits](#)

[back](#) [next](#)



red and green

[title page](#) [intro](#) [menu](#) [credits](#)

[back](#) [next](#)



seeds and membrane



[title page](#) [intro](#) [menu](#) [credits](#)

[back](#) [next](#)



[title page](#) [intro](#) [menu](#) [credits](#)

[back](#) [next](#)



[title page](#) [intro](#) [menu](#) [credits](#)

[back](#) [next](#)

# choose a technique



fajita style



julienne



diced

# fajita style

---

hold pepper vertically

1

menu

back

next



# fajita style

---

cut down one side with a  
curving motion to avoid seeds  
inside

2

menu

back

next



# fajita style

---

slice pieces in half

# 3

menu

back

next



# fajita style

---

cut into quarter inch thick  
pieces

# 4

menu

back

next



# fajita style

---

ready for grilling!

5

menu

back



# julienne

---

using a very sharp knife, cut the top, or “cap” off the pepper.

1

menu

back

next



# julienne

---

trim the bottom off the pepper,  
leaving about 2 inches of the  
middle section

2

menu

back

next



# julienne

---

place the pepper on its side  
and slide the knife along the  
inside of the skin to remove the  
seeds and membrane

# 3

menu

back

next



# julienne

---

turn the pepper over so it is  
skin side up

# 4

menu

back

next



# julienne

---

slice into quarter inch wide  
“matchsticks”

5



menu

back

next

julienne

---

ready for cooking!

6

menu

back



# diced

---

using a very sharp knife, cut the top, or “cap” off the pepper.

# 1

[menu](#)[back](#)[next](#)

diced

---

trim the bottom off the pepper,  
leaving about 2 inches of the  
middle section

2

menu

back

next



diced

---

place the pepper on its side  
and slide the knife along the  
inside of the skin to remove the  
seeds and membrane

3

menu

back

next



diced

---

turn the pepper over so it is  
skin side up

4

menu

back

next



diced

---

slice into quarter inch wide  
“matchsticks”

5

menu

back

next



diced

---

line up the slices

6

menu

back

next



diced

---

dice into quarter inch pieces

7

menu

back

next



diced

---

ready for cooking!

8

menu

back



# how to slice bell peppers

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