Kitchen Prep & Kids Snack Cutting Times Reference

Item	Prep Time	Cut Time	Total Time	Notes
Apple	1 min	1 min	2 min	Core and slice
Banana	0 min	1 min	1 min	Peel and slice
Orange	1 min	2 min	3 min	Peel and segment
Grapes	0 min	1 min	1 min	Wash and halve
Strawberries	1 min	1 min	2 min	Hull and slice
Watermelon	2 min	3 min	5 min	Remove rind and seeds
Pineapple	3 min	3 min	6 min	Core and chunk
Mango	2 min	2 min	4 min	Peel and dice
Kiwi	1 min	1 min	2 min	Peel and slice
Peach	1 min	1 min	2 min	Pit and slice
Plum	1 min	1 min	2 min	Pit and slice
Pear	1 min	1 min	2 min	Core and slice
Cherries	2 min	1 min	3 min	Pit and halve
Blueberries	0 min	1 min	1 min	Wash and pick over
Raspberries	1 min	1 min	2 min	Rinse and pick over
Blackberries	1 min	1 min	2 min	Rinse and pick over
Cantaloupe	2 min	3 min	5 min	Remove rind and seeds
Honeydew	2 min	3 min	5 min	Remove rind and seeds
Grapefruit	2 min	2 min	4 min	Peel and segment
Lemon	1 min	1 min	2 min	Peel and slice
Lime	1 min	1 min	2 min	Peel and slice
Avocado	2 min	1 min	3 min	Pit, peel and slice
Tomato	1 min	1 min	2 min	Core and slice
Cucumber	1 min	1 min	2 min	Peel and slice
Carrot	1 min	2 min	3 min	Peel and slice
Celery	1 min	1 min	2 min	Trim and slice
Bell Pepper	1 min	1 min	2 min	Core and slice
Zucchini	1 min	1 min	2 min	Trim and slice
Yellow Squash	1 min	1 min	2 min	Trim and slice
Broccoli	2 min	2 min	4 min	Cut into florets
Cauliflower	2 min	2 min	4 min	Cut into florets
Radish	1 min	1 min	2 min	Trim and slice
Jicama	2 min	2 min	4 min	Peel and slice
Snap Peas	1 min	1 min	2 min	Trim and string
Green Beans	1 min	1 min	2 min	Trim and snap
Asparagus	1 min	1 min	2 min	Trim and cut
Mushrooms	1 min	1 min	2 min	Clean and slice
Onion	1 min	1 min	2 min	Peel and slice
Red Onion	1 min	1 min	2 min	Peel and slice
Green Onion	1 min	1 min	2 min	Trim and slice
Garlic	1 min	1 min	2 min	Peel and mince
Ginger	1 min	1 min	2 min	Peel and grate
Potato	2 min	3 min	5 min	Peel and dice
Sweet Potato	2 min	3 min	5 min	Peel and dice
Turnip	2 min	2 min	4 min	Peel and dice
Beet	2 min	2 min	4 min	Peel and dice
Parsnip	2 min	2 min	4 min	Peel and dice
Rutabaga	2 min	3 min	5 min	Peel and dice
Kohlrabi	2 min	2 min	4 min	Peel and slice
Fennel	2 min	2 min	4 min	Trim and slice
Leek	2 min	2 min	4 min	Trim and slice
Shallot	1 min	1 min	2 min	Peel and slice
Cabbage	2 min	3 min	5 min	Core and shred
Red Cabbage	2 min	3 min	5 min	Core and shred
Napa Cabbage	2 min	2 min	4 min	Trim and slice
Bok Choy	1 min	1 min	2 min	Trim and slice
Kale	2 min	2 min	4 min	Remove stems and chop
Spinach	1 min	1 min	2 min	Wash and chop
Romaine	1 min	1 min	2 min	Wash and chop
Iceberg Lettuce	1 min	2 min	3 min	Core and shred
Arugula	1 min	1 min	2 min	Wash and chop
Watercress	1 min	1 min	2 min	Wash and trim
Endive	1 min	1 min	2 min	Trim and slice
Radicchio	1 min	1 min	2 min	Core and shred
Swiss Chard	2 min	2 min	4 min	Remove stems and chop
Collard Greens	2 min	2 min	4 min	Remove stems and chop
Mustard Greens	2 min	2 min	4 min	Remove stems and chop
Turnip Greens	2 min	2 min	4 min	Remove stems and chop
Dandelion Greens	2 min	2 min	4 min	Wash and chop
Herbs	1 min	1 min	2 min	Wash and chop
Basil	1 min	1 min	2 min	Wash and chiffonade
Cilantro	1 min	1 min	2 min	Wash and chop
Parsley	1 min	1 min	2 min	Wash and chop
Mint	1 min	1 min	2 min	Wash and chop
Dill	1 min	1 min	2 min	Wash and chop
Chives	1 min	1 min	2 min	Trim and snip
Tarragon	1 min	1 min	2 min	Wash and chop
Oregano	1 min	1 min	2 min	Wash and chop
Thyme	1 min	1 min	2 min	Wash and chop
Rosemary	1 min	1 min	2 min	Wash and chop
Sage	1 min	1 min	2 min	Wash and chop
Marjoram	1 min	1 min	2 min	Wash and chop
Bay Leaf	0 min	0 min	0 min	Whole
Curry Leaf	1 min	1 min	2 min	Wash and chop
Lemongrass	2 min	2 min	4 min	Trim and slice
Kaffir Lime Leaf	1 min	1 min	2 min	Wash and chiffonade
Galangal	2 min	2 min	4 min	Peel and slice
Turmeric	2 min	2 min	4 min	Peel and grate
Horseradish	2 min	2 min	4 min	Peel and grate
Wasabi	2 min	2 min	4 min	Peel and grate
Daikon	2 min	2 min	4 min	Peel and slice
Lotus Root	2 min	2 min	4 min	Peel and slice
Water Chestnut	2 min	2 min	4 min	Peel and slice
Bamboo Shoots	2 min	2 min	4 min	Trim and slice
Baby Corn	1 min	1 min	2 min	Trim and slice
Corn	2 min	2 min	4 min	Husk and cut kernels
Edamame	1 min	1 min	2 min	Shell
Tofu	1 min	1 min	2 min	Drain and cube
Tempeh	1 min	1 min	2 min	Slice
Seitan	1 min	1 min	2 min	Slice
Chicken Breast	2 min	3 min	5 min	Trim and cube
Chicken Thigh	2 min	3 min	5 min	Trim and cube
Chicken Wing	2 min	3 min	5 min	Trim and joint
Turkey Breast	2 min	3 min	5 min	Trim and cube
Ground Turkey	1 min	2 min	3 min	Form patties
Beef Steak	2 min	3 min	5 min	Trim and cube
Ground Beef	1 min	2 min	3 min	Form patties
Pork Chop	2 min	3 min	5 min	Trim and cube
Pork Tenderloin	2 min	3 min	5 min	Trim and slice
Ground Pork	1 min	2 min	3 min	Form patties
Lamb Chop	2 min	3 min	5 min	Trim and cube
Ground Lamb	1 min	2 min	3 min	Form patties
Duck Breast	2 min	3 min	5 min	Trim and slice
Duck Leg	2 min	3 min	5 min	Trim and joint
Goose	3 min	4 min	7 min	Trim and joint
Venison	2 min	3 min	5 min	Trim and cube
Rabbit	2 min	3 min	5 min	Trim and joint
Quail	2 min	3 min	5 min	Trim and joint
Pheasant	2 min	3 min	5 min	Trim and joint
Shrimp	1 min	1 min	2 min	Peel and devein
Prawn	1 min	1 min	2 min	Peel and devein
Crab	2 min	2 min	4 min	Crack and pick meat
Lobster	2 min	2 min	4 min	Crack and pick meat
Crayfish	2 min	2 min	4 min	Peel and devein
Scallop	1 min	1 min	2 min	Trim and slice
Clam	2 min	2 min	4 min	Shuck and chop
Mussel	2 min	2 min	4 min	Scrub and debeard
Oyster	2 min	2 min	4 min	Shuck
Squid	2 min	2 min	4 min	Clean and slice
Octopus	3 min	3 min	6 min	Clean and slice
Cuttlefish	2 min	2 min	4 min	Clean and slice
Abalone	2 min	2 min	4 min	Shuck and slice
Sea Urchin	2 min	2 min	4 min	Open and scoop
Sea Cucumber	2 min	2 min	4 min	Clean and slice
Jellyfish	2 min	2 min	4 min	Rinse and slice
Seaweed	1 min	1 min	2 min	Rinse and chop
Nori	0 min	0 min	0 min	Whole
Kelp	1 min	1 min	2 min	Rinse and chop
Wakame	1 min	1 min	2 min	Rinse and chop
Hijiki	1 min	1 min	2 min	Rinse and chop
Arame	1 min	1 min	2 min	Rinse and chop
Dulse	1 min	1 min	2 min	Rinse and chop
Agar	1 min	1 min	2 min	Rinse and chop
Carrageenan	1 min	1 min	2 min	Rinse and chop
Gelatin	1 min	1 min	2 min	Bloom and dissolve
Pectin	1 min	1 min	2 min	Dissolve
Xanthan Gum	1 min	1 min	2 min	Dissolve
Guar Gum	1 min	1 min	2 min	Dissolve
Locust Bean Gum	1 min	1 min	2 min	Dissolve
Tara Gum	1 min	1 min	2 min	Dissolve
Gum Arabic	1 min	1 min	2 min	Dissolve
Gum Tragacanth	1 min	1 min	2 min	Dissolve
Gum Karaya	1 min	1 min	2 min	Dissolve
Gum Ghatti	1 min	1 min	2 min	Dissolve
Gum Acacia	1 min	1 min	2 min	Dissolve
Gum Benzoin	1 min	1 min	2 min	Dissolve
Gum Copal	1 min	1 min	2 min	Dissolve
Gum Dammar	1 min	1 min	2 min	Dissolve
Gum Elemi	1 min	1 min	2 min	Dissolve
Gum Guaiac	1 min	1 min	2 min	Dissolve
Gum Mastic	1 min	1 min	2 min	Dissolve
Gum Olibanum	1 min	1 min	2 min	Dissolve
Gum Sandarac	1 min	1 min	2 min	Dissolve
Gum Tragacanth	1 min	1 min	2 min	Dissolve
Gum Karaya	1 min	1 min	2 min	Dissolve
Gum Ghatti	1 min	1 min	2 min	Dissolve
Gum Acacia	1 min	1 min	2 min	Dissolve
Gum Benzoin	1 min	1 min	2 min	Dissolve
Gum Copal	1 min	1 min	2 min	Dissolve
Gum Dammar	1 min	1 min	2 min	Dissolve
Gum Elemi	1 min	1 min	2 min	Dissolve
Gum Guaiac	1 min	1 min	2 min	Dissolve
Gum Mastic	1 min	1 min	2 min	Dissolve
Gum Olibanum	1 min	1 min	2 min	Dissolve
Gum Sandarac	1 min	1 min	2 min	Dissolve