Letter to the Editor concerning “The hand injury caused by cutting avocado in 18 patients” by Greminger et al 2018

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Dear Sir

We read with horror the letter from Greminger et al (Geminger et al 2018) which, from its photos, appears to advocate de-stoning an avocado by holding the fruit in one's non-dominant hand, and cutting into it with the dominant hand.

Without wishing to ignite a war on the scale of the Lilliputian disagreement over how to break an egg (Swift 1726), we respectfully advise The Journal of Hand Surgery (European Volume) membership to consider the advice of Lewis Carroll that 'if you cut your skin very deeply with a knife, it usually bleeds' (Carroll 1865). We advise the method illustrated by Jamie Oliver of holding the fruit down on a chopping board with the non-dominant hand, and cutting onto the stone, away from one's own skin, with the dominant hand (Figure 1a) (Oliver 2015). The fruit is twisted to remove the stone from one half (Figure 1b). For the second half, the stone may be extracted as suggested by Mr. Oliver, by firmly tapping a knife into the stone while it lies on the chopping board (Figure 1c) (non-dominant hand out of the way, safely in a pocket perhaps) (Oliver 2015). For added safety (if you are happy to quarter your avocado), we commend the JHS readership to hold the fruit onto the chopping board and cut through the fruit towards the stone, which can then be pulled out of the fruit with one's fingers (Figure 1d).

We similarly advise in all food preparation to direct the sharp sides of knives away from one's own body.

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- 44

46 **FIGURE LEGENDS**

47 **Figure 1:** The fruit is held onto a cutting board with the non-dominant hand and cut with the dominant
48 hand (1a); The fruit is twisted to remove the stone from one half (1b); Whilst the fruit is on a chopping
49 board a knife is tapped into the stone (1c); The fruit is quartered so the stone can be pulled out (1d).