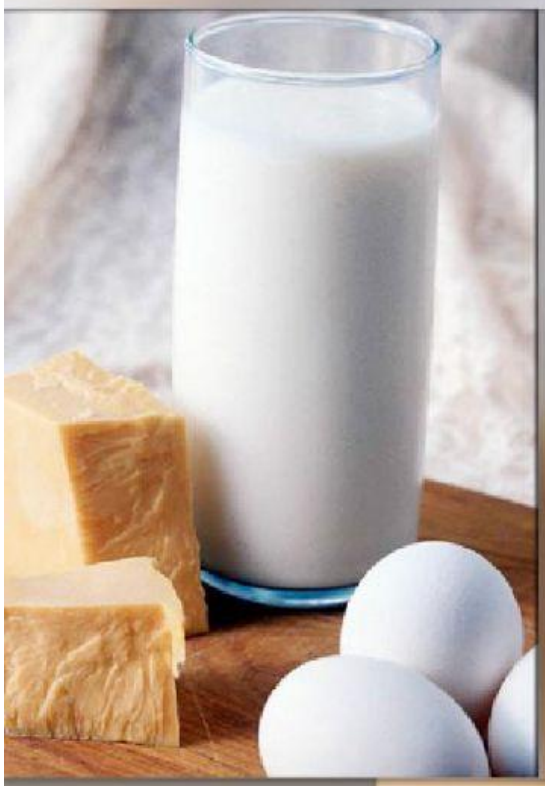


Knife Skills

Work Area Set Up:

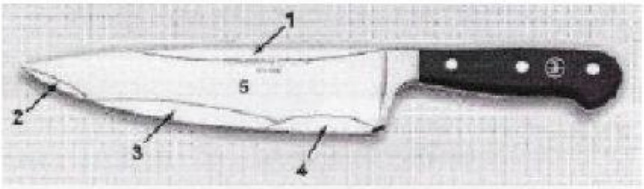
1. Sanitize work area.
2. Stabilize cutting board by placing a damp dish cloth under it to prevent movement.
3. Set up bowls to use for waste and for useable product.

Holding a Chef's knife:

- Hold knife with fingers around the handle, thumb and index finger on the metal of the blade.
- No fingers under the blade!

The Chef's Knife

The chef's knife: The most important kitchen tool



1. The sturdy spine of the blade can be used to break up small bones or shellfish.

2. The front of the blade is suitable for many small cutting jobs. It is particularly useful for chopping onions, mushrooms, garlic and other small vegetables.

3. The mid section of the blade is remarkably appropriate for either firm or soft food. The gentle curve of the blade is ideal for mincing of leeks, chives, parsley etc. Caution: Cook's knives purposely have been ground extra thin for the ultimate cutting performance. Chopping through bones will damage the fine edge. For doing this please refer to our assortment of cleavers.

4. The weight distribution is optimal at the heel of the blade and is used to chop through extremely firm food objects.

5. The wide flat surface of the blade is suitable for flattening and shaping of meat cuts such as filets as well as for lifting of the chopped product.

Knife Safety

Preventing cuts

1. Keep knives sharp
2. Use a cutting board
3. Pay attention
4. Cut away from yourself and others
5. Use knives only for cutting
6. Don't catch a falling knife
7. Don't leave knives in a sink or in the pots and pans area
8. Clean knives carefully with the sharp edge away from you
9. Store knives in a safe place – not in drawers
10. Carry a knife properly
    a. hold it beside you, point down, sharp edge back and away from you
    b. don't swing your arm
    c. let people know you are waking past them with a knife

Why different knives are needed:

It is simple as that: Cutting different types of food requires different types of knives.

- in order to cut small vegetables and fruit a small blade is to be favored.
- for slicing bread, ripe tomatoes or a crispy roast, a knife with a wavy or serrated edge is the right tool.
- a long and straight edge is ideal for carving.
- and the Chef's knife, the most important tool in a kitchen is ideal for all food preparations including mincing, dicing and slicing. It is the manual food processor.

There is no one universal knife that can be used for the multitude of cutting tasks. The enjoyment of gourmet food begins with the preparation and the right tool.

Basic Knife Cuts -Julienne

Julienne of Vegetables:

Step 1. Trim the vegetable so that the sides are straight, making it easier to produce even cuts.
Step 2. Slice the vegetable length wise to the desired thickness using parallel cuts.
Step 3. Stack the slices and make even parallel cuts to produce a series of batons.
Step 4. The finished result is a series of batons 1/8 inch x 1/8 inch x 1-2 inches

Brunoise

Brunoise of Vegetables

Step 1. Prepare the vegetable as you would for Julienne, making sure the
the sides are straight making it easier to produce even cuts.
Step 2. Slice the vegetable length wise into 1/8 inch slices using a series of parallel cuts.
Step 3. Cut each slice into baton shapes 1/8 inch wide.
Step 4. Using a series of parallel cuts, cut the batons into 1/8 inch cubes.

Small Dice

Small Dice of Vegetables

Step 1. Prepare the vegetable as you would for Batonnet.
Step 2. Trim the vegetable so that the sides are straight, making it easier to produce even cuts.
Step 3. Slice the vegetable length wise into ¼ inch slices using using a series of parallel cuts.
Step 4. Cut each slice into baton shapes ¼ inch wide.
Step 5. Using a series of parallel cuts, cut the batons into ¼ inch cubes.