



Knife Skills Notes

KNOW YOUR KNIVES

There are a lot of choices to make when it comes to buying kitchen knives. Invest in the following three knives and you'll be able to perform 99% of all kitchen tasks:

TOP 3 MUST-HAVE KNIVES FOR ANY KITCHEN + A KNIFE'S BEST FRIEND



Chef's Knife (6" - 12") - will be used for almost 90% of all kitchen cutting work
Ex: chopping onions, mincing garlic, butchering



Pairing Knife (3 1/2") - essential for tasks that require more dexterity and precision
Ex: coring, peeling, deveining shrimp, segmenting



Serrated Knife (8" - 10") - the pointed serrations produce neat slices on squishy things
Ex: bread



Honing Steel (Made of steel or diamond) - Corrects the angle of your knife to keep it sharp

OTHER USEFUL KNIVES



Boning and Fillet Knives - Used for trimming meat or filleting fish

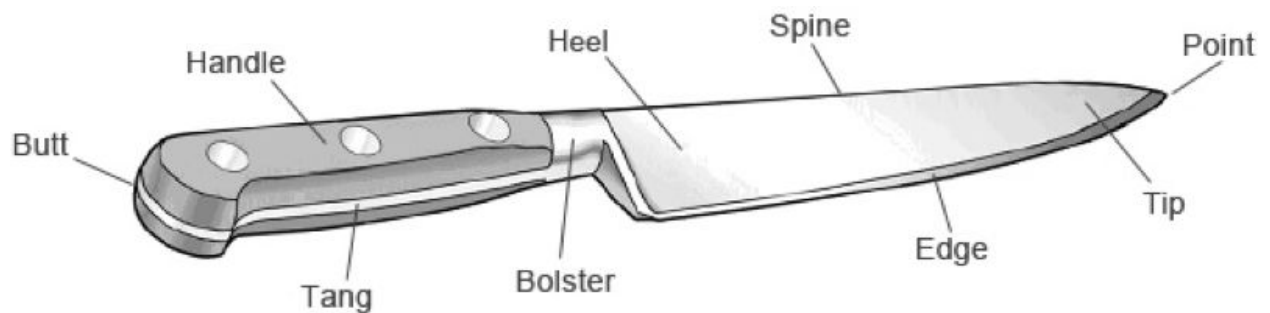


Slicing/Carving Knife - Great for slicing meats such as large roasts or turkeys



Cleaver - Asian-style knife used to hack or chop large bones or pieces of meat

PARTS OF A KNIFE



CARING FOR YOUR KNIFE

1. **No metal is completely “stainless.”** Do not allow acidic foods (lemon, mustard, ketchup, etc.) to remain on the blade after use. This might cause some slight tarnishing. Should the blade show signs of staining, use a non-abrasive metal polish for cleaning.
2. **Cut on wooden or plastic cutting boards.** Your cutting surface should be smooth, easy to clean, and “give” on contact with the knife edge. Quality wooden or plastic (polyethylene) cutting boards are recommended. Avoid hard surfaces that can damage the knife including glass, tile, metal, or formica. REMEMBER: All cutting boards should be cleaned thoroughly immediately after use to avoid harmful bacteria growth.
3. **Hone and sharpen your knives regularly.** Hone your knife just before you use it and when you feel like the edge is getting dull. In general, sharpen your knife at least once a year.
4. **Do not put knives in the dishwasher.** Banging against other cutlery or pots and pans will nick the edge. Also high heat and detergent are not good for the handle. Instead wipe the knife clean in your sink with a wet cloth and dishwashing detergent. Dry immediately. Dry from the back of the knife to the edge.
5. **Do not cut through bone with knives (except cleavers).** Do not use knives for poking, prying, or separating or cutting semi-frozen or frozen foods.
6. **Do not abuse knives as screwdrivers or can openers.** This is not their designed purpose and may result in bending or breaking the blade or edge of the knife.
7. **Store your knives properly.** Keeping your knives in a knife block or drawer will keep your knives organized and guard against injury. In-drawer knife trays, magnetic knife holders, or knife guards are other suitable options.

KNIFE SAFETY

1. **Keep knives sharp!** A sharp knife is safer than a dull one because it requires less pressure in cutting. The knife will not slip as easily and your hand will not tire a quickly.
2. **Never test the sharpness** of a knife by running your fingers along the edge!
3. **Stabilize your cutting board.** Slip a damp towel under your board to keep it from wobbling.
4. **Use the correct size and type of knife for the job.** Hold the knife firmly in your hand and cut away from the body.
5. **Use the proper form and technique when cutting.** Grip the knife properly with your hand and make sure your guiding hand is in the proper position (fingers tucked in!).
6. **Good slow practice leads to great fast habits.** When cutting, keep your eyes on the blade and take your time.
7. **Work with manageable sizes and flat surfaces.** With large ingredients, first cut them down to a manageable size. With round ingredients, plane off a thin slice from 1 side to keep it from rolling around.
8. **Work neatly and stay organized.** Keep your board free of unnecessary things. Transfer already cut ingredients into a bowl and set it aside.
9. **Store your knives in a safe place, out of the reach of children.** Wash and dry your knives immediately after each use and store them in a block or a magnetic holder. Never keep them loosely in a drawer unless they have knife guards.
10. **Obvious BUT important**
 - Carry a knife properly, blade towards the back and at your side
 - Never, ever put a knife in a sink full of soapy water.
 - Never try to catch a falling knife.
 - Wear closed-toe shoes in the kitchen.
 - Lay your knife on a flat surface between use with the point and blade away from you.

ILLUSTRATED KNIFE CUTS

"If it looks the same, it cooks the same."

Please note: the dimensions indicated are guidelines and may be modified as necessary. Determine the size of the cut by the requirements of the recipe or menu item, the nature of the vegetable being cut, the desired cooking time, and appearance.



BATONNET

(starting point for small dice):

$\frac{1}{4}$ inch x $\frac{1}{4}$ inch and 2 to 2½ inches long



FINE JULIENNE

(starting point for fine brunoise):

$\frac{1}{16}$ inch x $\frac{1}{16}$ inch and 1 to 2 inches long



JULIENNE | ALLUMETTE

(starting point for brunoise):

$\frac{1}{8}$ inch x $\frac{1}{8}$ inch and 1 to 2 inches long



CHIFFONADE

(fine ribbons for leafy herbs):

aim for $\frac{1}{8}$ -inch thick, with length determined by the leaf itself



LARGE DICE: $\frac{3}{4}$ -inch cubes



BRUNOISE: $\frac{1}{8}$ -inch cubes



MEDIUM DICE: $\frac{1}{2}$ -inch cubes



FINE BRUNOISE: $\frac{1}{16}$ -inch cubes



SMALL DICE: $\frac{1}{4}$ -inch cubes



MINCED: a smaller version of fine brunoise, but not an exact "cube" due to size