

SAFETY TIPS

OUR RECIPES call for a lot of slicing, dicing, chopping, and mincing. Use these tips to cook like a pro

- Always work in a clean area with clean tools
- Wash your hands before beginning to work
- Watch your fingers. Tuck your fingers toward your palm on the hand that is holding the food.
- Lead down with the tip. Angle the tip of the knife toward the cutting board.
- Slice. Cut through the food with a slicing or sawing motion. Don't just push down.
- Create a flat surface. When working with round foods like onions or potatoes, cut them in half first. Lay the flat side down, then keep cutting.
- Never try and catch a falling knife.
- Never put a knife in a sink full of water.

VOCABULARY

JULIENNE-Cutting food into very thin rectangular pieces.

MINCE- Cutting food into the smallest possible pieces.

DICE- Cutting food into small cube shaped pieces.



SLICING TECHNIQUES

- Hold the chef's knife close to the blade with fingers wrapped securely around the handle for best control.
- Use a rocking, circular motion to slice the food. Push the knife forward as you lower it and slice. Do not lift the front of the knife off the cutting.
- Place your other hand on the food to be cut. Curl your fingers in like a claw and keep your thumb and pinky finger behind your other fingers.

TYPES OF KNIVES

CHEF KNIFE- Larger knife used for general chopping, slicing, dicing, and mincing foods.

PARING KNIFE- Smaller knife used for close in or delicate work.

SERRATED KNIFE- Knife with a jagged edge used to cut crusty bread or slice meat.

BONING KNIFE- Strong knife used for cutting around cartilage and bones.

CHEF'S KNIFE

- The work horse
- Great for mincing, dicing, and chopping.
- Tip is best for slicing
- Use heel for tougher jobs



PARING KNIFE

- Peels produce
- Work with fragile ingredients
- Small and light for delicate tasks



BONING KNIFE

- Process meat and fish
- Flexibility helps cut around bones
- Precision reduces food waste



SERRATED KNIFE

- Slice crusty bread
- Cut waxy vegetables
- Avoid smashing soft foods (like tomatoes)