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.

VOCAUBLARY

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

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

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