



## **KNIFE SKILLS 101**

- **Sharpening**
- **Honing**
- **Proper Grip**
- **Slicing, Cutting, Chopping Techniques**
- **Knife & Board Care**

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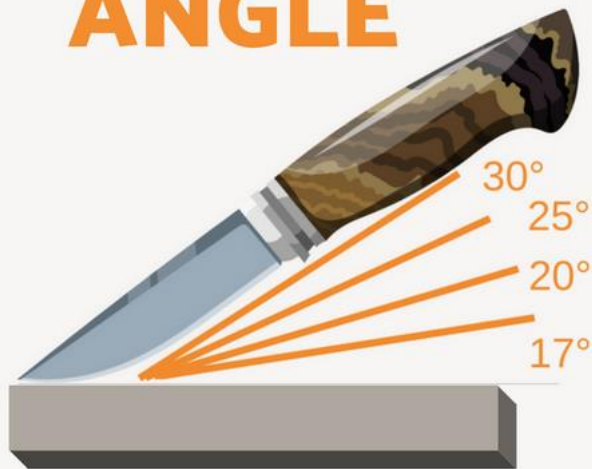
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**SHARPEN KNIVES AS NEEDED USING  
SHARPENING STONE & MINERAL OIL**

**SHARPENING STONES LIKE THIS  
HAVE 3 SURFACES – COARSE GRIT,  
MEDIUM GRIT, & FINE GRIT**

# ANGLE



- 30°** Knives that see a lot of heavy use (cutting cardboard, wire, carpets, etc).
- 25°** Knives that need a durable, sharp edge: hunting & outdoor knives; most pocket knives.
- 20°** Fillet & kitchen knives; high quality blades. 20° may be the most often used angle overall.
- 17°** For an extremely sharp but delicate edge: razor blades, scalpels, & similar tools.

An edge above the rest  
**LANSKY**  
SHARPENERS

wideopenspaces

# HONE

Extra Coarse (70 Grit)



For re-profiling the bevel grind

Coarse (120 Grit)



For edge reconditioning

Medium (280 Grit)



For general sharpening and less frequent touch-ups

Fine (600 Grit)

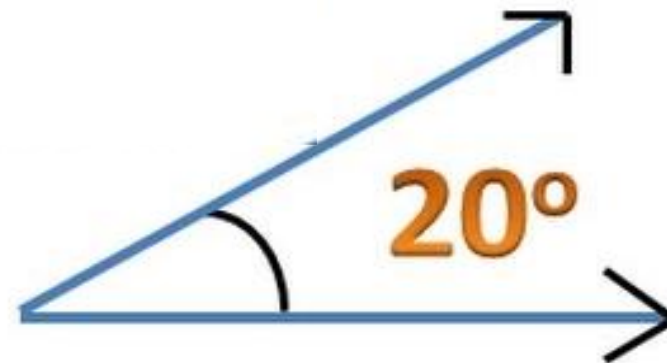


For frequent touch-ups and paper-slicing sharpness

Ceramic (1,000 Grit)



Polish the edge for a razor-sharp blade



...is the optimal angle for most kitchen knives





# **SHARPENING VS HONING**

**KNIVES ONLY NEED  
OCCASIONAL SHARPENING,  
BUT THEY NEED DAILY  
HONING!**

**HONE KNIVES BEFORE USE  
EACH DAY AND FREQUENTLY  
THROUGHOUT THE SHIFT**

**BEFORE**

**HONING**

**AFTER**



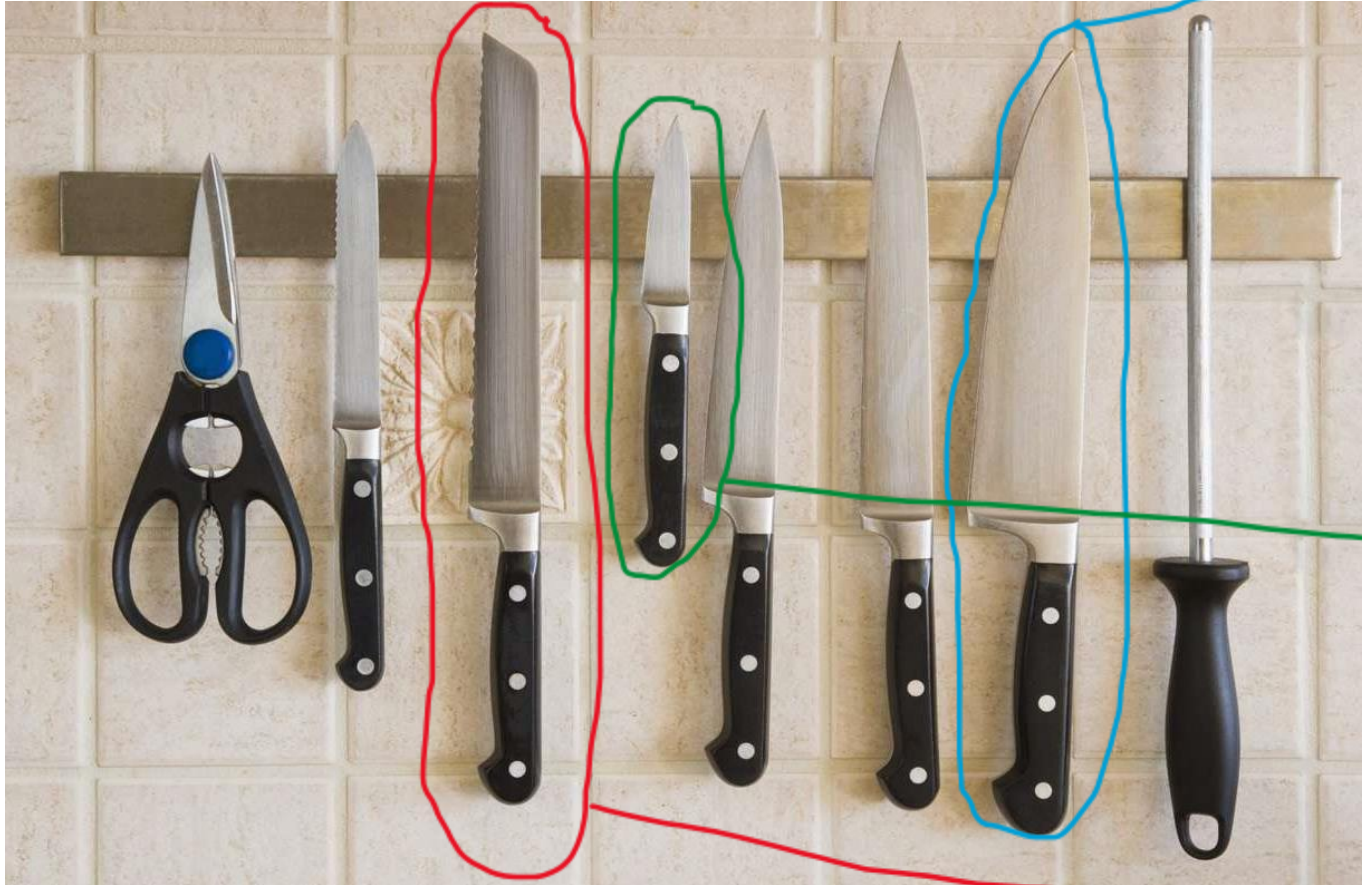
**STEEL DOWN**



**STEEL UP**



# THREE PRIMARY KNIVES for a K12 KITCHEN



## CHEF KNIFE (FRENCH KNIFE)

- Chopping
- Mincing
- Dicing
- Juliennning
- Smashing

## PARING KNIFE

- Paring (peeling)
- Coring
- Fine Cuts

## SERRATED KNIFE

- Crusty Breads
- Sandwiches
- Tomatoes & Other Fleshy Items



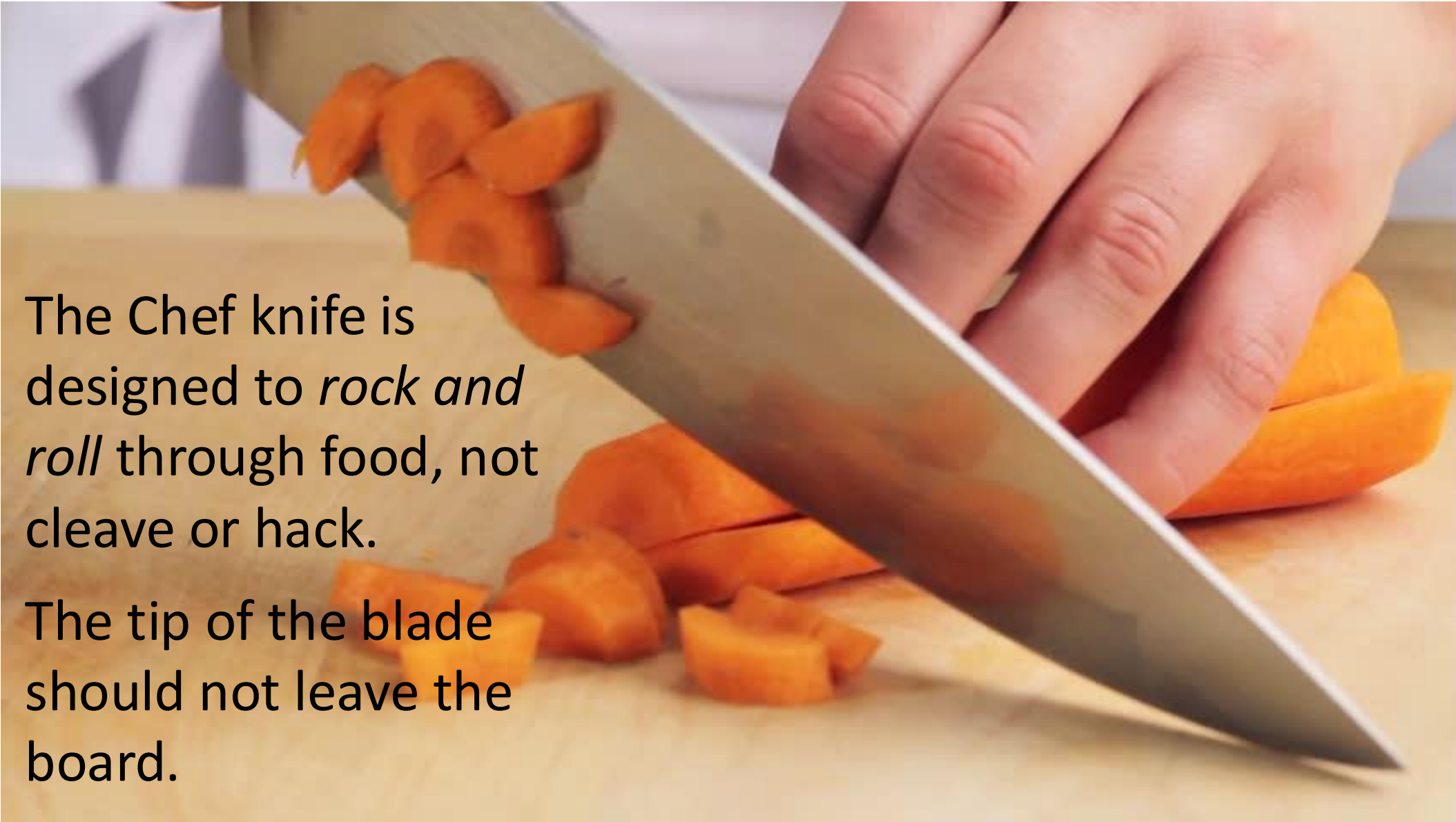
# CHEF KNIFE – PROPER GRIP



- Thumb and forefinger are *on the blade itself*
- Choking up on the blade gives you more control
- Notice the blade is curved (a chef's knife is designed to rock)



With the proper grip,  
the Chef knife gives its  
user control, power,  
and precision



The Chef knife is designed to *rock and roll* through food, not cleave or hack.

The tip of the blade should not leave the board.



The Chef knife is the perfect tool for rough chopping of fruits and vegetables



To mince properly, your knife must have a curved edge (designed to rock on the board) and be large enough to accommodate two-handed action



Large items like melon  
require the long curved  
blade of a Chef knife



# PARING KNIFE – PROPER GRIP



- Palm and fingers are wrapped entirely around knife handle while thumb is free to hinge
- Thumb should make contact (safely) with blade edge while paring/peeling
- Paring happens *above* the cutting board, not on it

# PARING KNIFE – ADDITIONAL USES





# SERRATED KNIFE – PROPER GRIP



- Palm, fingers and thumb are all firmly wrapped around knife handle
- Hold blade horizontal and use a gentle sawing motion, allowing the edge to do all the work

# **SERRATED KNIFE – ADDITIONAL USES**



**FLESHY FRUITS & VEGGIES**



**DELI APPLICATIONS**



**RAZOR THIN  
SLICING**

# WASHING YOUR KNIVES –

## DOs



- *Hand wash* with warm soapy water & sanitize immediately after use
- Towel dry and store properly

## DON'Ts

- Throw in pot/pan sink to soak
  - Safety hazard
  - Extended submersion & exposure to chemicals will damage your knives
- Send through the dish machine
  - Both the high temperatures & the harsh chemicals dull and weaken your knives
- Entrust to inexperienced staff

# STORING YOUR KNIVES PROPERLY



- **Protect blade edges**
- **Protect other utensils**
- **Protect staff**



# PROPER CUTTING SURFACES

- Of water & stain resistant, blade-friendly material
- Color coded to help prevent cross contamination
- Stored upright with adequate air circulation

- Firmly secured with thin damp towel
- NOT warped
- Lightweight enough to clean easily



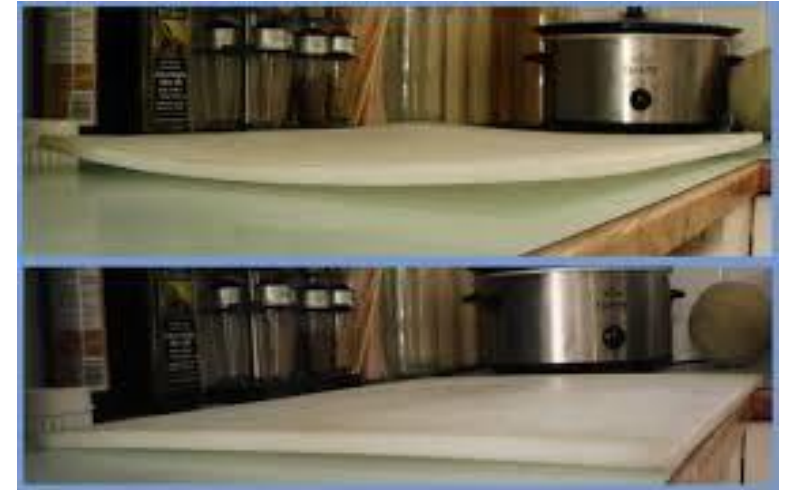
# IMPROPER CUTTING SURFACES



- Unsealed and porous surfaces cannot be safely cleaned and sanitized



- Flimsy convenience mats like these *do not* belong in a professional foodservice setting (or anywhere, for that matter)



- Warped boards are unsafe to use and result in poor quality

# WASHING CUTTING BOARDS

## DOs



- *Hand wash* with warm soapy water & sanitize immediately after use
- Air dry and store upright with plenty of circulation

## DON'Ts

- Throw in pot/pan sink to soak
  - Extended submersion & exposure to chemicals will warp your boards
- Send through the dish machine
  - Both the high temperatures & the harsh chemicals will warp your boards
- Entrust to inexperienced staff

# STORING YOUR CUTTING BOARDS PROPERLY





# QUESTIONS??

