

SETTING THE STAGE FOR SUCCESS: SHARPENING YOUR KNIFE SKILLS

PART	SKILL	KEY SKILL / LEARNING OBJECTIVE	PRODUCT
1	Intro	Welcome and Objectives	
	Knife Identification	Right Knife for the Job	
	Knife Sharpening	Correct Tools and Technique Use of Steel	New sharpening tools
	Knife Handling	Correct Grip/ Rolling Motion	
2	Slicing Celery	"Choo Choo" Rolling Slice	Celery Stalks
	Slicing Mushrooms	Cutting in 1/2 etc.	Cremini Mushrooms
	Chopping Garlic	Smash / Salting/ Paste	Peeled Garlic Cloves
3	Slicing Onion	Root OFF--Rolling Slice	Small Onion--Peeled Root ON
	Chopping Onion	Root ON--Chef A Method	Small Onion--Peeled Root ON
4	Whole Chicken	8 Cut	1 Chicken
		Spatchcock-Chef Demonstration	

Knife Skills

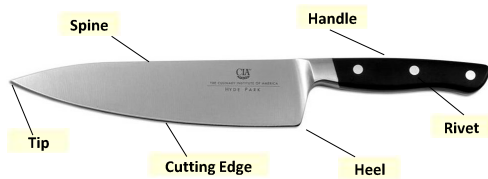


Learning Objectives

- Safely hold and handle a knife
- Select a knife appropriate for its intended use
- List, identify, and execute commonly used knife cuts
- *Learn from each other and have fun!*




Anatomy of a Knife



Knife Selection


Use the **RIGHT** knife for the job!!

French Knife




Uses: chopping, slicing, dicing, mashing

Paring Knife




Uses: peeling, trimming, and shaping fruits and vegetables

Boning Knife




Uses: cutting meat away from bones




Knife Selection

Slicer




Uses: slicing cooked meats and poultry

Serrated Knife



Uses: slicing through the crusts of bread



Honing and Sharpening

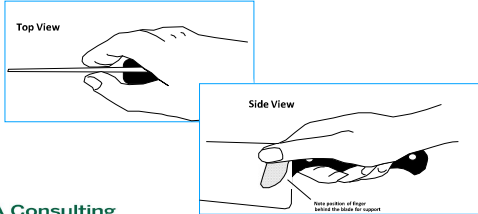
- Sharpening
 - Removing metal to redefine cutting edge
- Honing
 - Realign/straighten existing metal of cutting edge





Holding a Knife

Grasp knife by handle, allowing your thumb and index finger to rest on the blade for support



Knife Safety

- Always use a sharp knife!
- Hold the knife firmly in your hand and cut away from your body
- Always use a cutting board
- Always place knives on flat surfaces away from the edge of the table with the blade facing away from you
- Keep knives in clear sight - never cover
- Do not grab blindly for a knife
- If a knife falls off the table, do not attempt to catch it
- Pass a knife to a person using the handle, never the blade
- When walking with a knife, carry with the point down

“How To” Julienne and Dice

1. Square off ends and sides
2. Slice into even slabs of same thickness
3. Stack slabs and slice into even sticks
4. Gather sticks and cut into even cubes



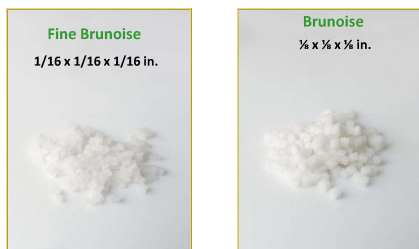
Julienne Sizes



Dice Sizes



Brunoise Sizes

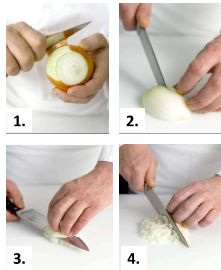


Other Classic Vegetable Cuts



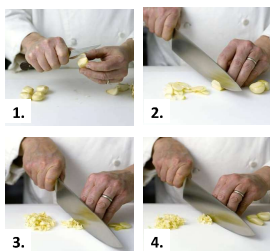
Dice/Mince Onions & Shallots

1. Cut off tip end, peel, and cut through root to tip
2. Make several evenly spaced parallel cuts, without cutting the root
3. Make two to three horizontal cuts, without cutting the root
4. Make even crosswise cuts working from tip to root



Mince Garlic

1. Peel cloves
2. Slice cloves
3. Cut cloves into a rough chop
4. Using a rocking motion, chop to desired fineness



Chop/Mince Herbs

1. Wash, dry, and remove leaves from stems; roll into a tight ball and chop roughly
2. Move hand to front of knife and chop using a rocking motion
3. Continue cutting to desired fineness



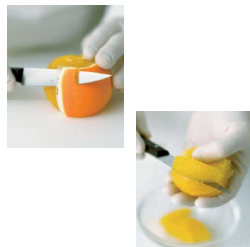
Chiffonade Herbs

1. Remove leaves
2. Stack the leaves, placing smaller leaves on top of larger leaves
3. Roll into a cylinder
4. Make fine parallel cuts across the cylinder



Peel/Supreme Oranges

1. Cut away ends
2. Cut away rind, and all pith, but leave as much flesh as possible
3. Cut along each side of the membrane to cut away segments



Key Terms/ Culinary Preparations

- Sachet d'épices
- Bouquet garni
- Mirepoix
- Oignon brûlé
- Tomato concassé



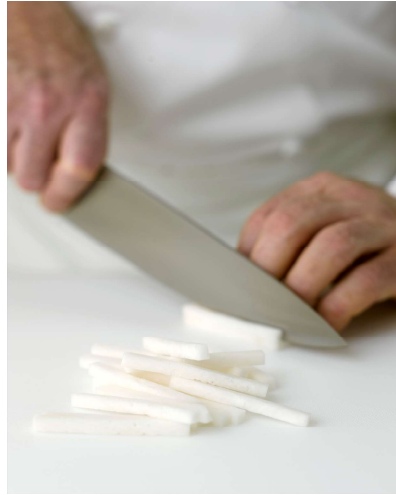


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The Culinary Institute of America

KNIFE SKILLS “HOW-TO” GUIDE



Slice vegetable evenly



Stack slices and cut evenly



Gather pieces and dice evenly



Small dice



Medium dice



Large dice



Fine julienne



Julienne/allumette



Batonnet



Mince chives very finely



Chiffonade or shredding



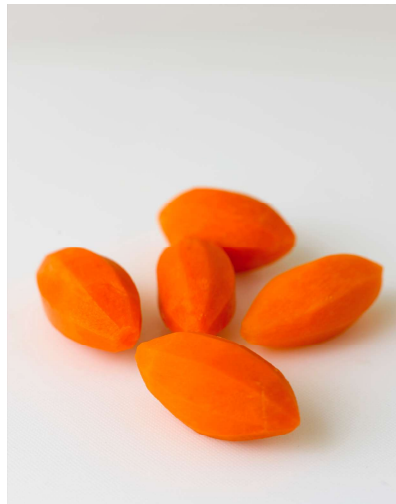
Bias cut



Rondelle



Oblique or rolled cuts



Tourné



Lozenge



Fermière



Paysanne



Cut lengthwise, root intact



Make 2 or 3 horizontal cuts



Make crosswise cuts



Peeling asparagus



Peeling a roasted pepper



Peeling butternut squash



Chop tightly bunched herbs



Chop with knife tip down



Finely mince herbs



Slice avocado in half and twist



Gently tap pit with knife, lifting
pit out by twisting



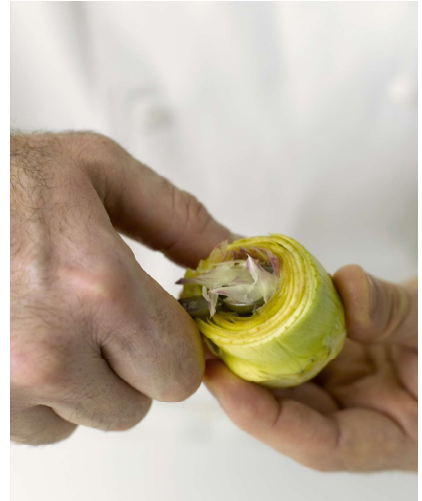
Peeling an avocado



Cut across widest point



Trim tough outer leaves



Scoop out center "choke"



Peel garlic cloves



Slice garlic cloves lengthwise



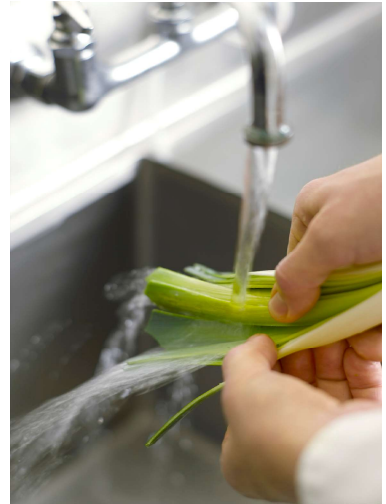
Chop garlic



Squeeze out roasted garlic



Cut off tough, dark green leaves
from leeks



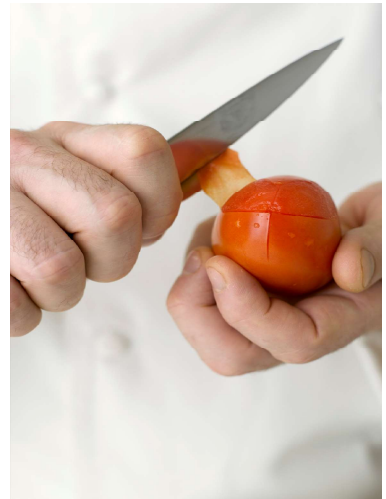
Cleaning leeks thoroughly
between leaves removes
sand



To easily peel for concassé,
make an X-cut on bottom



Blanch tomato briefly in boiling
water



Peel skin from the X-cut



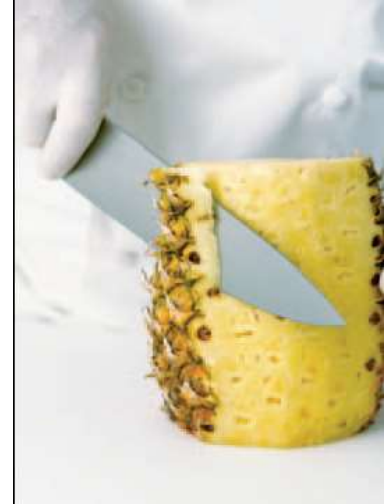
Remove seeds and core



Slice then dice



Zesting citrus



Peeling orange



Making orange supremes



Peeling pineapple



Peeling melon

Melon balls

Mango hedgehog cut