



# YOUR ALLERGY CHEFS

CELEBRATING FOODS ALLERGEN FREE & MORE

## Knife Skills & Safety

A sharp knife will help you glide through your prep work.

# Tools for a successful kitchen tour



• Chefs Knife



• Bread Knife



• Boning Knife



• Peeler



• Paring Knife



• Honing Steel

# Knife Skills & Safety



THE KNIFE IS AN  
EXTENSION OF THE  
HAND



ALWAYS USE A  
SHARP KNIFE



USE THE  
APPROPRIATE KNIFE  
FOR THE TASK



KEEP HANDS AND  
KNIFE HANDLES DRY



MAKE SURE CUTTING  
BOARD IS STABLE  
AND SECURE



HAVE ENOUGH  
ROOM TO WORK  
SAFELY

# The Proper Grip

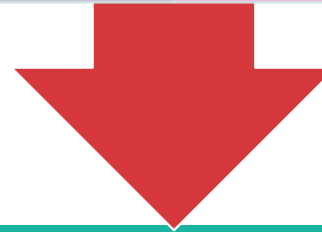
## The Proper Grip

Gives maximum control

Increases cutting accuracy and speed

Prevents slipping

Lessens the chance of an accident from happening



Grasping the knife between the thumb and forefinger gives solid control over the blade.

# The Guiding Hand

- While one hand controls the knife, the other hand controls the product being cut.
- The guiding hand:
  - Holds the item being cut
  - Guides the direction of the knife
  - Protects the hand from being cut

# Cutting Techniques

Chopping

Cutting

Dicing

Mincing

Peeling

Slicing

Turning (Tournéing)



# Classic Cuts

- Purpose of the Classic Cuts
  - Uniform shapes and sizes
  - Even cooking times
  - Enhances appearance
- Brunoise –  $1/8'' \times 1/8'' \times 1/8''$
- Small dice –  $1/4'' \times 1/4'' \times 1/4''$
- Medium dice –  $1/2'' \times 1/2'' \times 1/2''$
- Large dice –  $3/4'' \times 3/4'' \times 3/4''$
- Julienne –  $1/8'' \times 1/8'' \times 2\ 1/2''$  long
- Batonnet –  $1/4'' \times 1/4'' \times 2\ 1/2''$  long
- French Fry –  $1/2''$  square  $\times 3''$  long
- Roundelle – round or bias-round cuts, varies in diameter or thickness

# Vegetable Stock (Broth)

Good vegetable trimmings should be kept to lessen the amount of vegetables needed to make a stock.

## Basic Ingredients

Mirepoix (onions, carrots, celery)

Bouquet garni (parsley stems, black pepper corns, dry or fresh thyme, bay leaves)

Water

Optional: mushroom trimmings, tomatoes, parsnips, garlic cloves

