

# Knives

Safety and Techniques

Food Science I



# Knife safety Rules

- ⊗ Avoid using a dull knife. WHY?
  - ⊗ You can sharpen knives with a “steel”: a utensil that you run the knife along to sharpen it.





☀ Do not store knives in unorganized drawers.

☀ Knives can be stored together, in a knife block, or with a covering on them.



☀ Wash knives immediately or set them on the side of the sink.



☼ When walking with a knife carry it pointed toward the ground, and tell others “Behind you with a knife” when walking through the room.





- ☼ Use a towel or washcloth underneath a cutting board to prevent the cutting board from moving around when you are working.
- ☼ The cloth can be damp if you would like.





☼ Pick a knife that is realistic for the job.

☼ Larger items need larger knives, likewise with smaller items.



☀ When cutting, curl your fingers towards your palm (similar to a claw shape) so your knuckles are closest to the knife blade and your fingers are hidden.



☀ If you happen to drop a knife, don't try to catch it. Move back from the falling knife and let it fall.



# Cutting Techniques

# Mince

- ☀ To cut into very small pieces
- ☀ Garlic, ginger, Herbs



# Diced

- ☼ To cut into  $\frac{1}{4}$ " to  $\frac{1}{2}$ " squares
- ☼ Onions, tomatoes, fruits, potatoes



# Cube

☀ To cut into  $\frac{1}{2}$ " to  $1 \frac{1}{2}$ " squares

☀ Potatoes, carrots, fruit



# Julienne

- ☼ To cut into 1/8" square and 2 inch long pieces
- ☼ Carrots, celery, peppers



# Slice

- ☼ To cut into similar sized flat pieces, ¼” to 1” in width
- ☼ Cucumber, tomatoes, oranges



# Rough chop

☀ To cut into pieces that do not need to be exactly uniform, the size and shape does not affect the recipe

☀ Lettuce,  
Peppers, potatoes,  
broccoli



# Chiffonade

- ☀ To cut leafy vegetables into long, thin strips (Stack leaves, roll them, then cut)
- ☀ Lettuce, spinach, herbs



# Cutting Video

- ⚙ <http://allrecipes.com/HowTo/Knife-Skills-Video/Detail.aspx>
- ⚙ <http://www.chow.com/stories/12015> - mincing



# Why is it important to cut in different shapes and sizes?

☀ List as a class:

# Practice

- ✿ Ceviche is a traditional Latin American dish that often incorporates the “cooking” of fish with citrus juices, instead of heat. This dish can be served in many countries as a main dish or appetizer. In Costa Rica, ceviche does not always include fish. Instead, you use a variety of fresh fruits and vegetables to make a unique flavor that is marinated in citrus juice.

# Task



- ☀ Pick a ceviche, salad, or salsa recipe from the lists and create a lab plan.
- ☀ Make your recipe, critique it and evaluate the need for knife safety skills.

# Conclusion

☀ Write a paragraph describing why it is important to use knife safety skills in the kitchen. What can you do with these skills? What can you avoid? 5-7 sentences