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
Dicced

- To cut into ¼” to ½” 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, \( \frac{1}{4} \)” 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

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

- List as a class:
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.
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