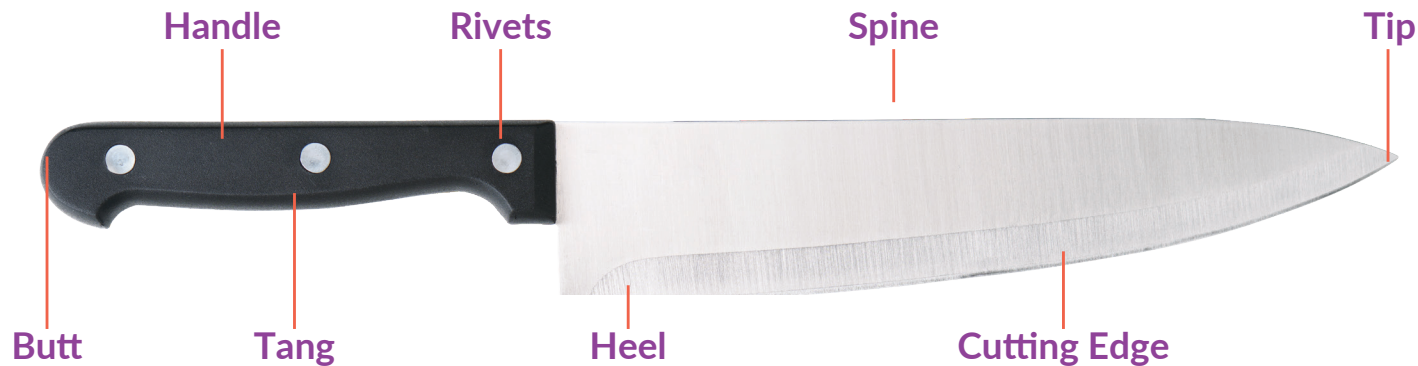


The Art of Cutting

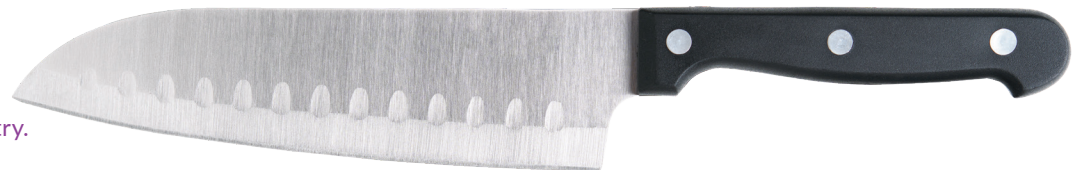


Your first set of knives should include the four following items: chef's knife, pairing knife, utility knife and a serrated / bread knife. These knives should take care of most of the basic cutting task.

Utility Knife This small lightweight knife is used for miscellaneous light cutting. It has a blade that is 4 to 7 inches long, which is slightly larger than a paring knife. It's typically used to slice or cut foods like cucumbers, larger apples, smaller squash, and other mid-sized items.



Chef Knife A modern chef's knife is a multi-purpose knife designed to perform well at many differing kitchen tasks, rather than excelling at any one in particular. It can be used for mincing, slicing, and chopping vegetables, slicing meat, and disjuncting large cuts of poultry.



Paring Knife This small knife with its straight, sharp blade is generally 3 to 5 inches long. It works well for peeling and coring foods or mincing and cutting small items such as herbs, shallots, fruits, vegetables, and larger pieces of garlic.



The Art of Cutting

Serrated Knife This knife has a sharp edge that has saw-like notches or teeth. The blade of a serrated knife is 5 to 10 inches long. It is used to slice through food that is hard on the outside and soft on the inside, such as slicing through the hard crusts of bread.



Never run your finger along the edge of the blade. Instead pull the blade lightly over a tomato and if the blade is sharp it should slice through the skin with little effort.



Curl your fingers under and hold the food with fingertips when chopping. Better to ding a knuckle than slice a fingertip!



Don't ever use the palm of your hand as a cutting board. That's just inviting the knife to slice into your hand!



When mincing, keep the tip of your knife on the cutting board and pump the handle up and down quickly. However, because that knife is moving fast, be extra careful about your fingers.



Slice away from your hand and keep your fingers clear of the blade. Slicing away from your hand prevents an accidental cut if the knife slips



Always use a sharp knife. When you use a dull knife to cut, you need to apply more force. As a result, the knife is more likely to slip and this increases the risk of injury.



6 Basic Cutting Techniques

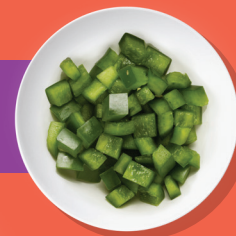
Slice



Chop



Dice



Julienne



Cube



Mince

