

## Knife Skills

If you only have 3 knives, make them a chef's, paring and serrated.

A chef's or santuko knife is used for the majority of your knifework, so it's a good idea to have one that is comfortable in your hand - weight, balance and length.

A paring knife is for produce that is too small to cut with a chef's knife, such as peeling fruit, stemming strawberries or other detail work.

A serrated knife work well for slicing bread, leveling cakes and fruits or vegetables with a waxy or slippery surface, such as tomatoes, watermelon, citrus or peppers.





With your thumb and index finger, pinch the blade on the heel or at the bolster, if there is one. The heel is the widest part of the blade.



Loosely wrap your fingers around the handle. This is a secure grip that gives you stability and control. Resist the temptation to put your index finger on the spine. You'll have less stability and it may slip off or you may lose control of the knife.



With your non-dominant hand, make a "claw" tucking your thumb under your palm. This will keep all your fingers away from the blade as you cut.



Put the tip of the blade on the cutting board and lift the heel of the blade up and down. Your claw moves what you're cutting under the knife. A more advanced technique: keep the tip of the knife down and rock the knife forward and backward as the heel moves up and down.

You don't need to do fancy cuts, but make sure the cuts are about the same size, so they cook at the same rate. Use smaller, bite-sized cuts for salads or stir-fry. Use larger cuts for roasting, soups or stews.

Here are a variety of cuts from a carrot:

Top row (L to R): coins, coins sliced on an angle, angled cuts sliced into matchsticks (also known as Asian Julienne)

Middle: thicker coins, thicker coins quartered, thicker coin sliced on an angle

Bottom: Flower. Cut a 2-inch piece of carrot, carefully cut length-wise wedges around the carrot, then slice into coins.

