

THE **EDIBLE**
SCHOOLYARD
PROJECT

HOW TO: MINCE

Student Name:

Summary: Do you want to know how to use a knife like a professional chef?

Mincing is an essential knife technique that allows you to cut foods into very small pieces quickly. It is easy and satisfying to learn how to do! This lesson will help you get started mincing and prepare a delicious Italian topping called gremolata that is excellent with roasted vegetables, soup, or grilled meats.

Time: 30-60 minutes

Before you get started:

- Collect all the following materials
- Check in with an adult at home before using a knife (if that isn't something you do normally without supervision)

Materials:

- Chef knife
- Cutting board
- Parsley
- Garlic
- Lemon
- Salt



HOW TO: MINCE

WATCH: Go to <https://youtu.be/7ZlUUOXQKYc> to watch Nick from The Edible Schoolyard demonstrating how to mince.

DO: Get your workstation set up with a cutting board, knife, and an ingredient to mince. Try it out and take it slow. Remember to keep firm pressure on the front of the blade and rock the handle up and down.

PREPARE: Gremolata is an easy, delicious seasoning that works with lots of foods. [Gremolata](#) is a perfect recipe to practice your mincing as it contains just three ingredients, each of which gets minced. All you need to make gremolata is ½ cup of parsley leaves, 1 clove of garlic, and the zest (skin) of 1 lemon. Combine the ingredients on your cutting board and mince them together. Add a pinch of salt, mix, and then serve it up on top of eggs, potatoes, or pasta!

CLEAN: Clean your knife, dry it, and put it away securely before getting started on the rest of your kitchen clean up using your [Cleaning Checklist](#).

REFLECT: How did it go? Find a family member and demonstrate what you learned. How long do you think you will have to practice to master mincing?

Student Notes: If you made gremolata, try making some of the following recipes to go with it!

- [Roasted vegetables](#) are delicious with gremolata on top.
- [Fresh homemade pasta](#) is wonderful with gremolata and parmesan cheese.

Teacher Notes:

- If students are completing this lesson as part of the kitchen curriculum, [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 2.5. The fifth lesson of unit 2.