



Knife Skills: Mincing

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!

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

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

DO: Get your workstation set up with a cutting board, knife, and something 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.

COOK: 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!

REFLECT: How'd it go? Go to someone in your house 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.

References:

Edible Schoolyard Project (2020 May, 1). *Knife Skills Demonstration: Mincing*. [Video]. Retrieved from <https://youtu.be/7ZIUUOXQKYc>

Notes for Teachers and Parents

- This activity asks students to practice using tools and develop skills in the kitchen
- This activity supports students in becoming more confident in the kitchen.
- If your child is not used to using knives, we recommend supervising and supporting them as they develop their skills.