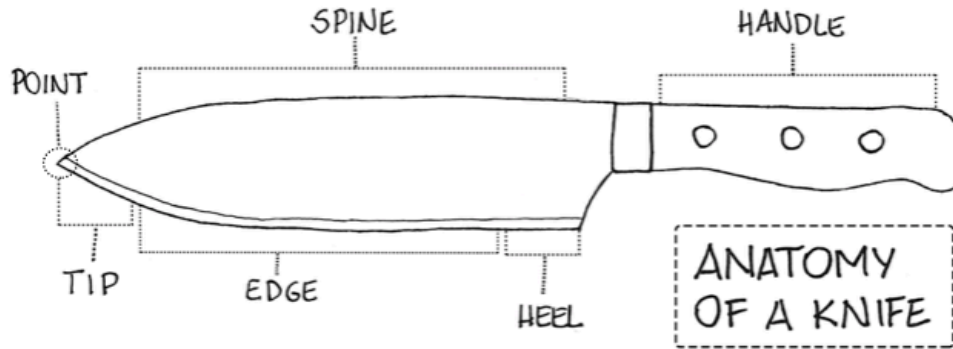




KNIFE BASICS

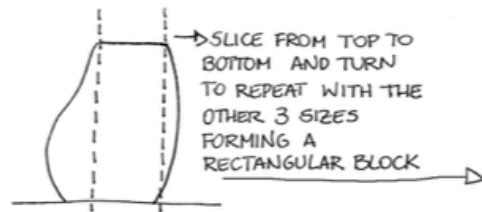
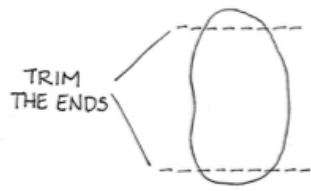


USING YOUR THUMB AND INDEX FINGER, PINCH THE END OF THE BLADE WHILE HOLDING THE HANDLE WITH THE OTHER FINGERS AROUND IT.



TUCK YOUR FINGERS AND USE THE KNUCKLES AS A BARRIER AGAINST THE BLADE OF THE KNIFE, PROTECTING YOUR FINGER TIPS.

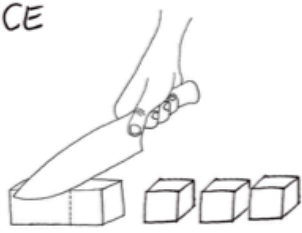
SQUARING OFF VEGETABLES



PLACE THE FLAT SURFACE AT THE CUTTING BOARD TO MAKE IT STABLE TO CUT

YOU CAN USE THIS BLOCK TO DICE OR TO JULIENNE YOUR VEGETABLE

DICE



CUT THE BLOCK INTO DICES. IF YOU WANT SMALLER PIECES, CUT THE BLOCK IN HALF HORIZONTALLY UNTIL YOU HAVE THINNER BLOCKS.

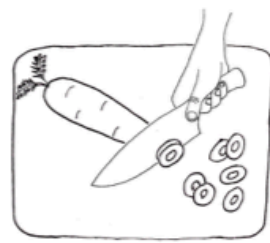
JULIENNE



THIS CUT IS SIMILAR TO MATCH STICKS. CUT THE BLOCK HORIZONTALLY IN THINNER SLICES, THEN AGAIN INTO STICKS.

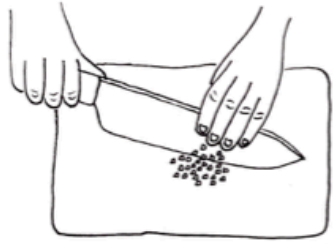
SLICE

CUT INGREDIENTS INTO LARGER PIECES LIKE ROUND SLICES OF CARROTS AND TOMATOES, SQUARE SLICES OF CHEESE, OR WEDGES OF APPLES OR WATERMELON. USE A CHEF'S KNIFE SLIDING THE EDGE OF THE KNIFE THROUGH THE FOOD OR A SERRATED BIG KNIFE IN A BACK-AND-FORTH SAWING MOTION.



MINCE

MINCING MEANS CUT INTO TINY PIECES. TO MINCE, USE A CHEF'S KNIFE (8 INCHES). HOLD THE HANDLE WITH ONE HAND AND PLACE THE OTHER UP AT THE SPINE. YOU WILL MOVE THE HANDLE UP AND DOWN AND FORWARD AND BACKWARD CHOPPING THE FOOD.



CHIFFONADE

THIS TECHNIQUE IS USED TO CUT LEAFY VEGETABLES, LIKE KALE, SPINACH, BASIL. STACK SOME LEAVES, ROLL THEM, THEN SLICE THEM INTO STRIPS.

