KNIFE BASICS

ANATOMY OF A KNIFE

HOLDING THE CHEF’S KNIFE

Using your thumb and index finger, pinch the end of the blade while holding the handle with the other fingers around it.

PRACTICING THE CLAW

Tuck your fingers and use the knuckles as a barrier against the blade of the knife, protecting your finger tips.

Illustrated by Tais Reis: | www.edibleschoolyard.org
**SQUARING OFF VEGETABLES**

 trimmed the ends

 slice from top to bottom and turn to repeat with the other 3 sides forming a rectangular block

 **DICE**

 cut the block into dice. 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 blades, 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.

 **CHIFFONADE**

 this technique is used to cut leafy vegetables, like kale, spinach, basil. stack some leaves, roll them, then slice them into strips.

 **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.