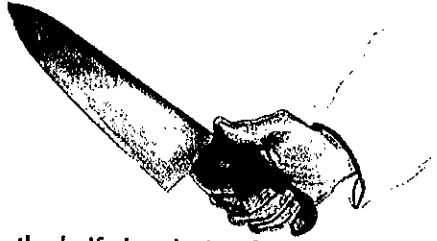
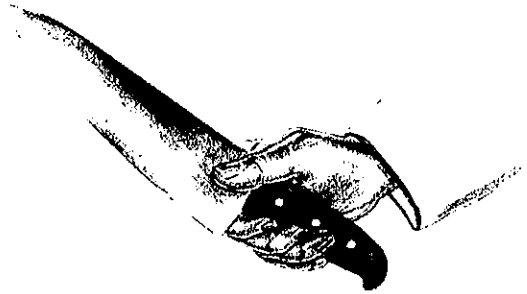


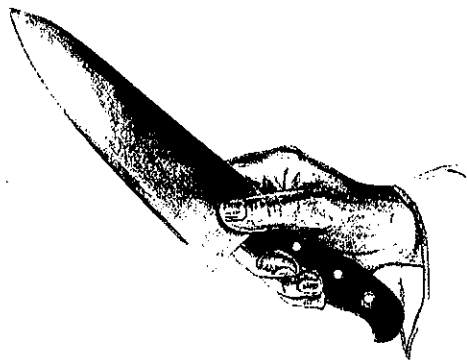
**Fig. 10-3. Gripping styles.**



**A:** Grip the knife by placing four fingers on the bottom of the handle and the thumb firmly against back of the blade.

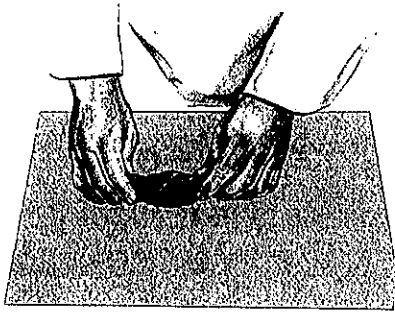


**B:** Grip the knife by placing four fingers on the bottom of the handle and the thumb against the side of the blade.

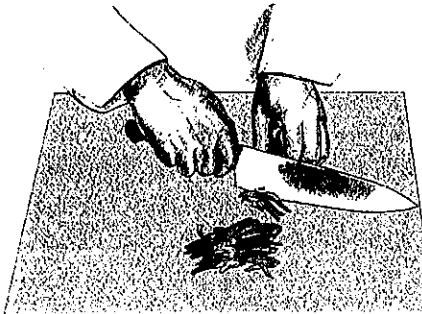


**C:** Grip the knife by placing three fingers on the bottom of the handle, the index finger flat against the blade on one side, and the thumb on the other side. This grip offers extra control and stability.

**Fig. 10-5. Chiffonade cut.**

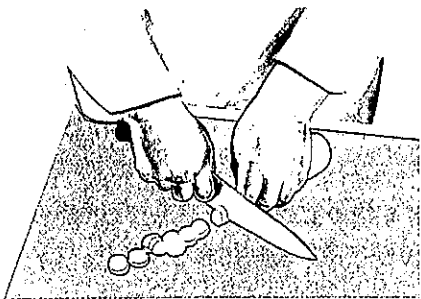


1. Wash and de-stem the vegetable's leaves as needed. Stack several leaves on top of one another and roll them tightly.



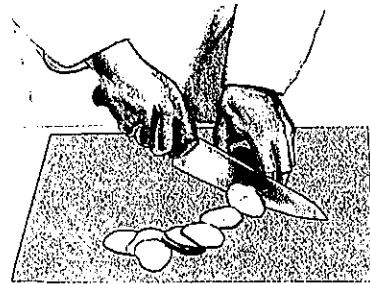
2. Holding the rolled leaves tightly, finely slice them.

**Fig. 10-6. Rondelle cut.**



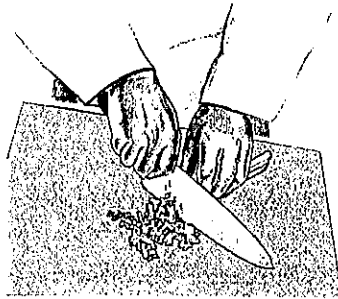
Peel the food if desired. On a cutting board, hold the knife perpendicular to the food and make even slices.

**Fig. 10-7. Diagonal cut.**

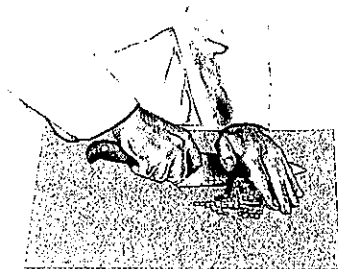


Peel the food if desired. On a cutting board, hold the knife at the desired angle to the food being cut and make even slices.

**Fig. 10-8. Mincing.**

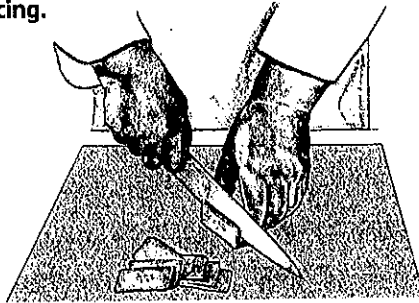


1. Dice celery using the same technique you would use to peel and dice an onion.

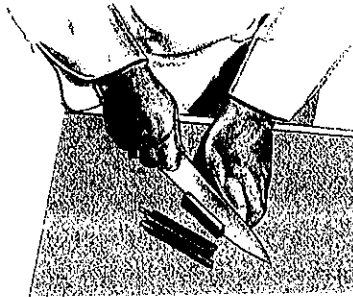


2. Hold the tip of the knife on the cutting board with a flat hand. Use a rocking motion to mince the shallots with the knife's heel.

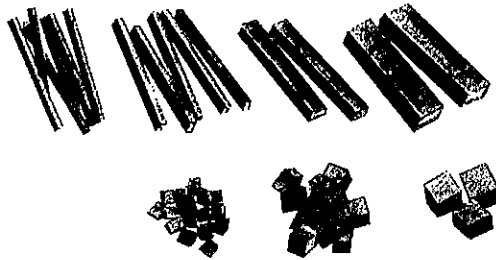
**Fig. 10-9. Dicing.**



1. Peel the food if desired and square off the sides. Trim the food to the proper length for the slices you're making. Cut slices of the desired thickness.



2. Stack the slices and cut them into uniform sticks. These sticks should be of the same thickness as the slices.



3. To make a small dice, make a  $\frac{1}{4}$ -in. cut perpendicular to the length of a batonnet. A  $\frac{3}{8}$ -in. cut from a  $\frac{1}{2}$ -in. stick makes a medium dice. A  $\frac{1}{2}$ -in. cut from a  $\frac{1}{2}$ -in. stick creates a large dice. Making a  $\frac{1}{8}$ -in. cut from a julienne makes a cube called a brunoise.