

Name _____

Period _____

Knife Skills

Video 1: Knife Skills; Cutting Techniques / Source: <https://youtu.be/NlnOsnr94qM>

1. The most important and often used knife in the kitchen is the _____ knife.
2. What do you put a towel or similar under the cutting board?
3. When is the cross chop technique usually used?
4. How do you do the Rock chop?
5. How should you have your fingers on the hand that is holding the food when cutting?

Video 2: Types of cuts Source: <https://youtu.be/F1fKNkgF64s>

1. Where does most cutting terms come from?
2. What vegetable does he show you how to do the small dice cut?
3. What does uniform cut mean?
4. Why are his fingers tucked in on the hand that is holding the vegetable?
5. Why does he cut a little sliver off the vegetable before beginning to cut?

6. What is the oblique cut?

7. What is the chiffonade cut?

Video 3: How to use a Chef's Knife / Source: <https://youtu.be/FNuV7lg6jgg>

1. What is the utility knife used for?

2. What is the boning knife used for?

3. How should you hold the knife?

4. Why does he use the knife to cut flour?

5. It is important to have a good _____ on the knife?

6. Where is the sweet spot on the knife?

KNIVES AND CUTTING TECHNIQUES

PARTS OF THE KNIFE:

- A. Blade (pg. 231): The blade of a high quality, professional knife is made of a single piece of metal. Most often it is _____ or _____.
- B. Stainless steel is a _____-made of _____ and _____. It doesn't _____ or _____. Stainless steel also will not transfer a _____ taste to foods. The drawback of stainless steel is that it is hard to _____.
- C. High-carbon stainless steel is a mix of _____, _____, _____ and other metals that combines the best features of _____ and _____. High-carbon steel is expensive, but it doesn't _____ or _____ and can be _____ easily.
- D. (pg. 232) The _____ is the part of the blade that continues into the knife's _____. Some knives have full tangs while others have partial ones. A full tang is as long as the _____. Knives that are used for _____ work such as chef's knives and _____ should have a full tang.
- E. Handle: Knife handles can be made of wood such as _____ and _____. They can also be made of _____ and _____.
- F. Rivet: The tang is attached to the knife handle with _____. These are _____ pieces that fasten the handle to the _____.
- G. Bolster: Some knives have a shank or _____ in the spot where the blade and handle come _____. Knives with a bolster are very _____ and _____. The bolster helps prevent _____ from entering the space between the _____ - and the _____.

TYPES OF KNIVES:

1. CHEF'S KNIFE: Also called a _____ knife is the most _____ knife in the chef's tool kit. This is an all _____ knife with an _____-_____ inch triangular blade used for _____, _____, _____, _____ and _____.
2. UTILITY KNIFE: smaller but similar in shape to chef's knife. The utility knife is an all-purpose knife with a _____-_____ inch blade. It is mainly used for _____ and _____ fruits and vegetables.
3. SLICER: The slicer has a _____, _____ blade that is ideal for cutting large foods such as _____ and _____. The tip of this knife may be _____ or _____. The blade may be _____ or _____. It may also be _____ (toothed like a saw). You can use a serrated slicer to slice coarse foods such as _____ and _____.
4. BONING: A small knife with a _____, _____ 5-7 in blade. This is used to remove _____ from _____, _____ and _____. You can also use it to trim _____ from _____.
5. PARING KNIFE: has a rigid blade that is only _____-_____ in long. This is used to pare or _____ off a thin outer layer or peel from _____ and _____.
6. TOURNEE KNIFE: Similar in size to paring knife, tournee knife has a _____ blade that looks like a _____ beak. It is used to trim _____ and _____ into shapes that resemble _____.
7. FILLET KNIFE: Has a _____-_____ inch blade with a _____ tip. Used to fillet _____.

8. BUTCHER KNIFE: This knife has a ____ - ____ inch blade whose tip curves up at a ____ degree angle. Sometimes it is called a scimitar because its curved blade resembles a _____ by that name.

KNIFE SKILLS: One of the most important skills you will learn is how to use a _____ properly. You will use a knife for many different _____. The more you practice, the more _____ you will become.

GRIP: _____ and the _____ at hand will help you determine which grip to use. As a general rule, grip the knife _____, but not so tightly that your hand gets tired.

(page 234) Figure 10.3: Gripping Styles:

Explain the 3 gripping styles

a.

b.

c.

CONTROL: to make safe, even cuts, you need to _____ the knife with one hand while you hold the _____ firmly in place with the other hand. Use the sharp edge of the _____ to do _____. A sharp knife is the _____ - knife to use.

KNIFE CUTS: the purpose of using a _____ is to make a food _____ or to _____ a food. It is important to cut foods in _____ pieces so that they cook _____. This also makes the finished product more visually _____. The basic techniques include _____, _____ and _____.

SLICING:

When slicing food, you will use a _____ knife to cut it into _____, _____ pieces. To slice safely, make sure the _____ side of the food is _____ so it won't slip. If necessary, cut a piece of the food to create a _____.

Mincing: cutting food into very _____. Usually used for _____ and _____.

Dicing: When dicing, use a _____ knife to cut it into _____ to _____ inch cubes.

A LINK TO THE PAST SECTION (PAGE 237)

KNIVES ARE THE OLDEST KNOWN _____ TOOL. CUTTING TOOLS DISCOVERED IN _____ ARE THOUGHT TO BE ALMOST _____ YEARS OLD. THESE FIRST KNIVES WERE MADE OF _____.

SAFETY AND SANITATION:

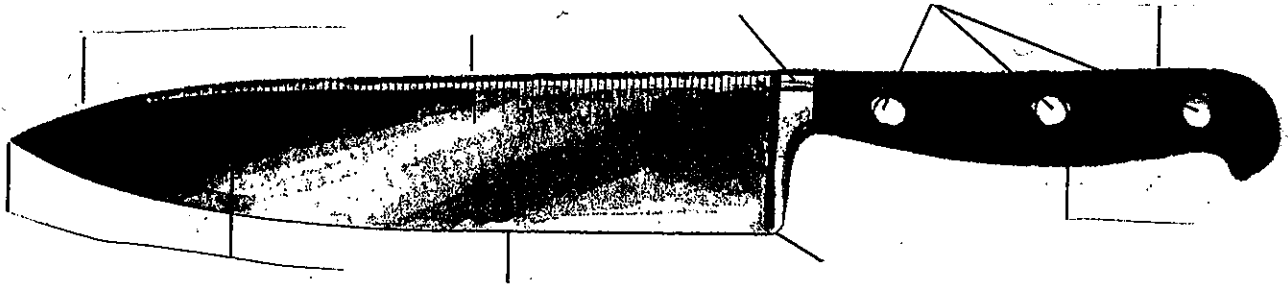
(page 238) List 3 of the long list of safety guidelines for knives:

1.

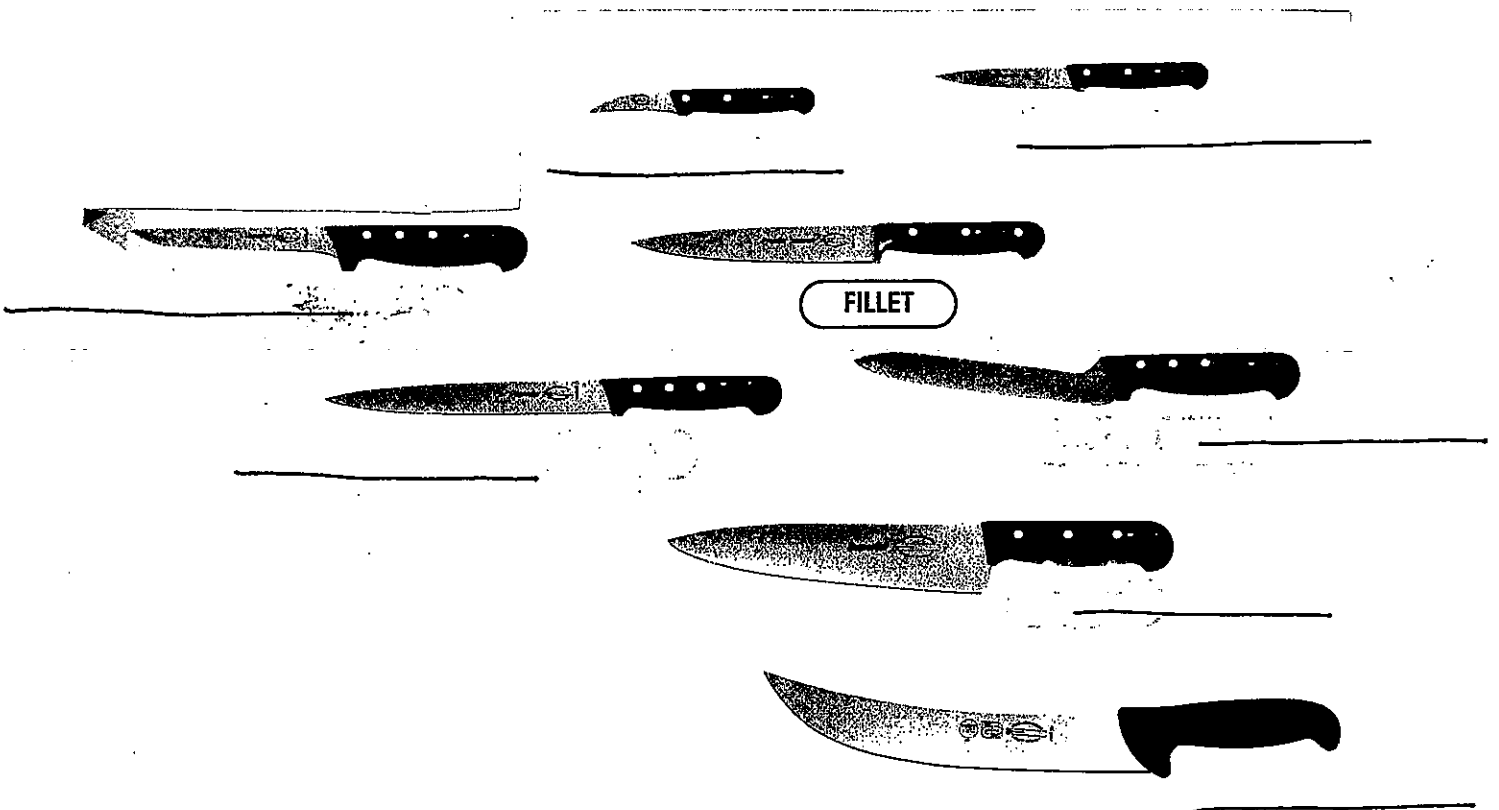
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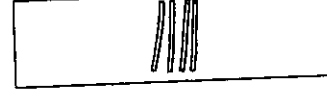

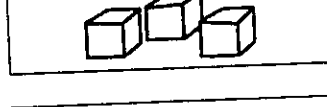
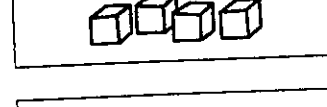
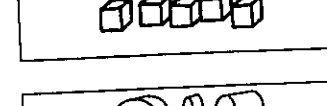
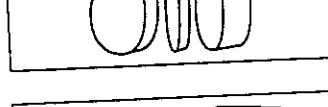
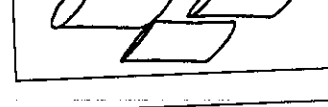
LABEL THE PARTS OF THE KNIFE:



LABEL THE TYPES OF KNIVES:



Knife Cuts

	A. _____
	B. _____
	C. _____
	D. _____
	E. _____
	F. _____
	G. _____
	H. _____
	I. _____
	J. _____