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. Hold should you have your fingers on the hand that is holding the food when cutting?

Video 2: Types of cuts / Source: https://youtu.be/F1fKNkqF64s

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. TOUREE 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, but a pieces 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. 

2. 

3. 
LABEL THE PARTS OF THE KNIFE:

LABEL THE TYPES OF KNIVES:
Knife Cuts

A.

B.

C.

D.

E.

F.

G.

H.

I.

J.