

# KEY

Period \_\_\_\_\_

## 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 Stainless steel or high carbon stainless steel
- B. Stainless steel is a hard, durable metal -made of Chromium and Carbon steel. It doesn't rust or discolor. Stainless steel also will not transfer a metallic taste to foods. The drawback of stainless steel is that it is hard to Sharpen.
- C. High-carbon stainless steel is a mix of Iron, Carbon, Chromium and other metals that combines the best features of Stainless steel and carbon steel. High-carbon steel is expensive, but it doesn't rust or discolor and can be Sharpened easily.
- D. (pg. 232) The tang is the part of the blade that continues into the knife's handle. Some knives have full tangs while others have partial ones. A full tang is as long as the whole knife handle. Knives that are used for heavy work such as chef's knives and cleavers should have a full tang.
- E. Handle: Knife handles can be made of wood such as rosewood and walnut. They can also be made of plastic and vinyl.
- F. Rivet: The tang is attached to the knife handle with rivets. These are metal pieces that fasten the handle to the tang.
- G. Bolster: Some knives have a shank or bolster in the spot where the blade and handle come together. Knives with a bolster are very strong and durable. The bolster helps prevent food particles from entering the space between the tang and the handle.

### TYPES OF KNIVES:

1. CHEF'S KNIFE: Also called a French knife is the most important knife in the chef's tool kit. This is an all purpose knife with an 8-14 inch triangular blade used for peeling, trimming, chopping, slicing and dicing.
2. UTILITY KNIFE: smaller but similar in shape to chef's knife. The utility knife is an all-purpose knife with a 5-7 inch blade. It is mainly used for peeling and slicing fruits and vegetables.
3. SLICER: The slicer has a long, thin blade that is ideal for cutting large foods such as meat and pastry. The tip of this knife may be pointed or rounded. The blade may be rigid or flexible. It may also be serrated (toothed like a saw). You can use a serrated slicer to slice coarse foods such as bread and cake.
4. BONING: A small knife with a thin, angled 5-7 in blade. This is used to remove bones from meat, fish and pastry. You can also use it to trim fat from meat.
5. PARING KNIFE: has a rigid blade that is only 2-4 in long. This is used to pare or trim off a thin outer layer or peel from fruits and vegetables.
6. TOURNEE KNIFE: Similar in size to paring knife, tourne knife has a curved blade that looks like a bird's beak. It is used to trim potatoes and vegetables into shapes that resemble footballs.
7. FILLET KNIFE: Has a 8-9 inch blade with a pointed tip. Used to fillet fish.

8. BUTCHER KNIFE: This knife has a 6-14 inch blade whose tip curves up at a 25° degree angle. Sometimes it is called a scimitar because its curved blade resembles a Saber by that name.

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

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

(page 234) Figure 10.3: Gripping Styles:

Explain the 3 gripping styles

a. Grip knife by placing four fingers on the bottom of the handle & the thumb firmly against back of blade.

Same, but thumb against side of blade

c. 3 fingers on bottom of handle, index flat against blade on one side + thumb on other side.

**CONTROL:** to make safe, even cuts, you need to Guide the knife with one hand while you hold the Food firmly in place with the other hand. Use the sharp edge of the Blade to the cutting. A sharp knife is the Safest knife to use.

**KNIFE CUTS:** the purpose of using a Knife is to make a food smaller shape or to shape a food. It is important to cut foods in Uniform pieces so that they cook evenly. This also makes the finished product more visually appealing. The basic techniques include slicing, mincing and dicing.

**SLICING:**

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

Mincing: cutting food into very small pieces. Usually used for shallots and garlic.  
Dicing: When dicing, use a Chefs knife to cut it into 1/8 to 5/8 inch cubes.

**A LINK TO THE PAST SECTION (PAGE 237)**

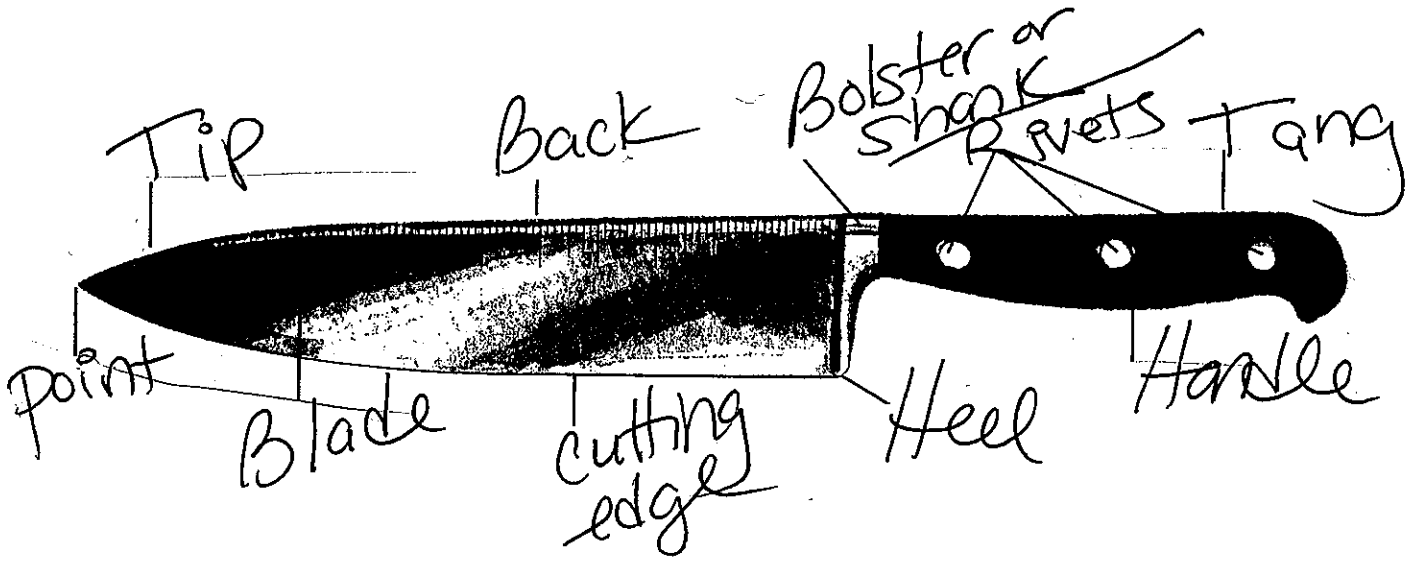
KNIVES ARE THE OLDEST KNOWN manmade TOOL. CUTTING TOOLS DISCOVERED IN Kenya ARE THOUGHT TO BE ALMOST 3 million YEARS OLD. THESE FIRST KNIVES WERE MADE OF Flint.

**SAFETY AND SANITATION:**

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

1. Correct knife for task
  2. Sharp knives safer
  3. cutting Board.
- Hold handle. blade down

LABEL THE PARTS OF THE KNIFE:



LABEL THE TYPES OF KNIVES:

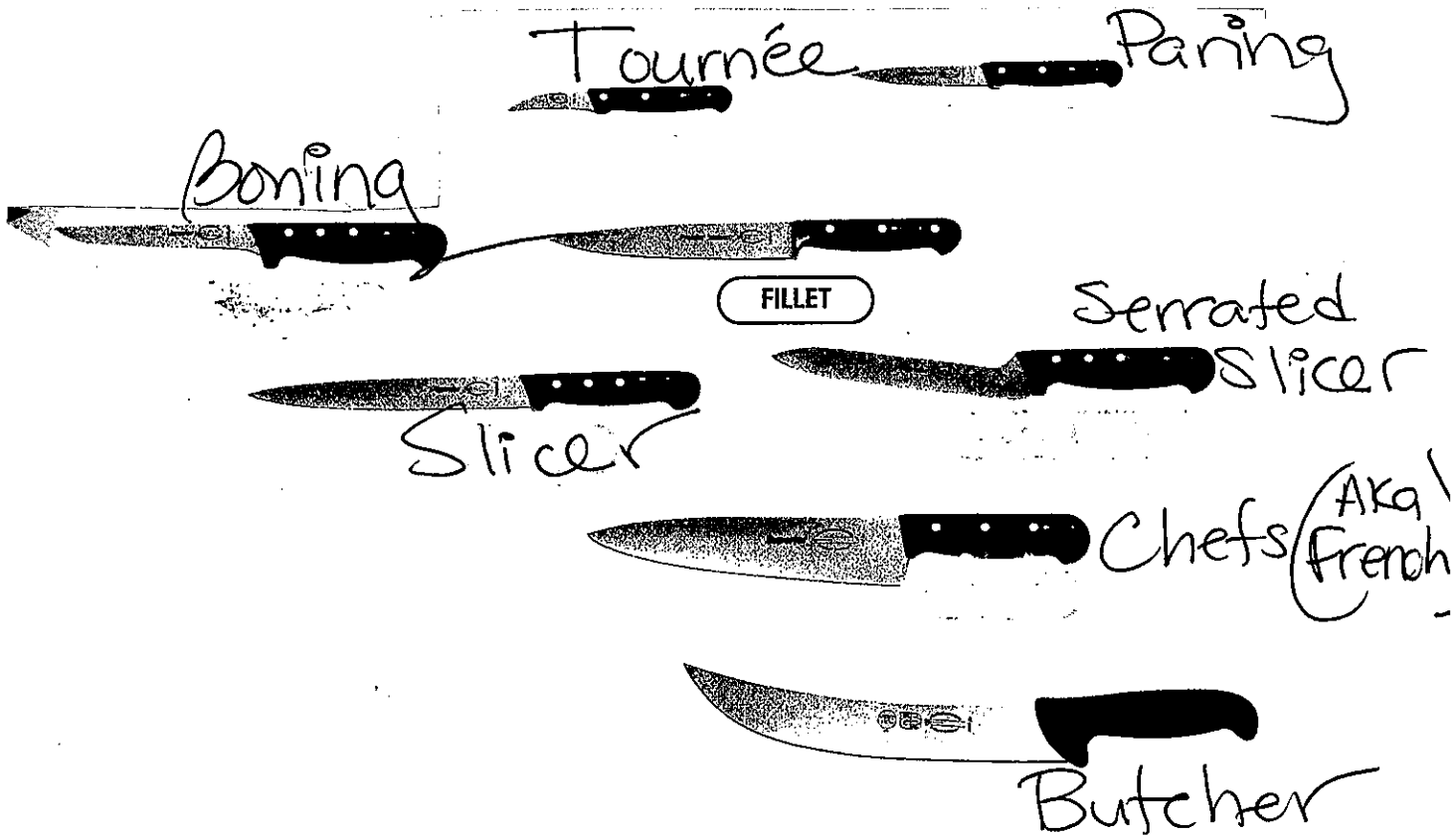













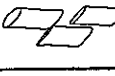
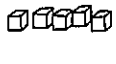





Fig. 26-13.

VEGETABLE CUTS			
	<b>French Fry</b> 1/2 x 1/2 x 3 inches		<b>Brunoise (broo-NWAHZ)</b> 1/8 x 1/8 x 1/8 inch (extra-small dice)
	<b>Stick</b> 3/4 x 3/8 x 2 inches		<b>Mirepoix (mihr-PWAH)</b> 1/2 inch average rough cut
	<b>Baton</b> 1/4 x 1/4 x 3 inches (small stick)		<b>Chips</b> 1/2 inch thick slice
	<b>Julienne (joo-lee-EHN)</b> 1/8 x 1/8 x 2 inches (short, matchstick)		<b>Waffle</b> 1/8 inch thick slice; perforated
	<b>Fine Matchstick</b> 1/16 x 1/16 x 2 inches		<b>Tourne (toor-nay)</b> 7-sided; 2 inch-long barrel
	<b>Large Dice</b> 3/4 x 3/4 x 3/4 inch		<b>Round</b> Round disks of varying thickness
	<b>Medium Dice</b> 1/2 x 1/2 x 1/2 inch		<b>Diagonal</b> Bias-cut slices of variable thickness
	<b>Small Dice</b> 1/4 x 1/4 x 1/4 inch		<b>Chiffonade (shihf-uh-NAHD)</b> Thin ribbons

