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, it 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, slicing, and dicing fruits and vegetables.
3. SLICER: The slicer has a long, thin blade that is ideal for cutting large foods such as meats and poultry. 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 5-7 in blade. This is used to remove bones from meat, fish, and poultry. 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, tournee 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 6-8 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 and the thumb firmly against back of blade.
b. 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.

KNIFE CUTS: The purpose of using a knife is to make a food smaller shape or to uniform a food. It is important to cut foods in even pieces so that they cook evenly. This also makes the finished product more visually appealing and attractive.

THE BASIC TECHNIQUES INCLUDE:

SLICING:
When slicing food, you will use a flat, Chef's knife to cut it into large thin flat 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 Chef's knife to cut it into 1/8 to 1/8 inch cubes.

A LINK TO THE PAST SECTION (PAGE 237)
KNIVES ARE THE OLDEST KNOWN MANMADE TOOL. CUTTING TOOLS DISCOVERED IN 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:

Tip
Back
Bolster or Sheep Foot Rivets
Point
Blade
Cutting Edge
Heel
Handle

LABEL THE TYPES OF KNIVES:

Tournee
Paning

Boning

Fillet

Serrated Slicer

Slicer

Chefs (Aka French)

Butcher
## VEGETABLE CUTS

<table>
<thead>
<tr>
<th>Cut</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Fry</td>
<td>½ × ½ × 3 inches</td>
</tr>
<tr>
<td>Stick</td>
<td>¾ × ⅛ × 2 inches</td>
</tr>
<tr>
<td>Baton</td>
<td>⅛ × ⅛ × 3 inches (small stick)</td>
</tr>
<tr>
<td>Julienne</td>
<td>¼ × ¼ × 2 inches (short, matchstick)</td>
</tr>
<tr>
<td>Fine Matchstick</td>
<td>⅛ × ⅛ × 2 inches</td>
</tr>
<tr>
<td>Large Dice</td>
<td>¾ × ¼ × ¾ inch</td>
</tr>
<tr>
<td>Medium Dice</td>
<td>½ × ⅛ × ½ inch</td>
</tr>
<tr>
<td>Small Dice</td>
<td>⅛ × ⅛ × ⅛ inch</td>
</tr>
<tr>
<td>Brunoise</td>
<td>⅛ × ⅛ × ⅛ inch (extra-small dice)</td>
</tr>
<tr>
<td>Mirepoix</td>
<td>⅛ inch average rough cut</td>
</tr>
<tr>
<td>Chips</td>
<td>¼ inch thick slice</td>
</tr>
<tr>
<td>Waffle</td>
<td>⅜ inch thick slice; perforated</td>
</tr>
<tr>
<td>Tourne</td>
<td>7-sided; 2 inch-long barrel</td>
</tr>
<tr>
<td>Round</td>
<td>Round disks of varying thickness</td>
</tr>
<tr>
<td>Diagonal</td>
<td>Bias-cut slices of variable thickness</td>
</tr>
<tr>
<td>Chiffonade</td>
<td>Thin ribbons</td>
</tr>
</tbody>
</table>