**Basic Knife Skills**

One of the most important tools the student chef must master is the **knife**

**Parts of the Knife**

• A good knife begins with a single piece of metal, stamped, cut, or best of all, forged

and tempered

• Knives are different sh\_\_\_\_\_\_\_\_s and si\_\_\_\_\_\_\_s for the different jobs they do

**Most Common Types of Knives**

**Chef Knife Utility and Paring Knife**

**Chef knives** are versatile tools that can be used for most tasks.

**Utility knives** are used primarily for slicing.

**Paring knives** are mostly used for peeling fruits & vegetables,

* Also work well to slice small soft foods such as olives and mushrooms.

**Serrated knives** are not designed for cutting or chopping tasks. They are to slice through bread and cakes. You may need a serrated knife to cut tomatoes

**Holding a chef’s knife properly**

* grip a knife is by gripping the top of the blade firmly between your thumb and forefinger.
* place your middle finger just behind the heel.
* gives you maximum control over your knife
* allows you to pivot from the wrist when chopping.

**NEVER Hold any knife like this**

**Rules for Knife SAFETY**

**S**ecurely hold your knife

**A**nchor cutting boards

**F**ingertips curled back

**E**yes on the knife

**T**ake your time

**Y**ield to falling knives

**Cutting with your knife:**

• Keep your fingertips curled back

• Control the food as much as possible

• Use the tip of the knife for smaller, lighter cutting/chopping/slicing

• Use the thick part for larger, heavier cuttings/chopping/slicing

**Using the Knife Safely:**

1. Use the correct knife for the task at hand (think what you need to do first)

2. Always cut away from yourself

3. Always cut on a clean cutting board

4. Do not cut on glass, marble or metal (this includes plates!)

5. Place a damp paper towel underneath the cutting board to keep it from sliding as you cut

6. Keep knives sharp; a dull/blunt knife is more dangerous than a sharp one

7. When carrying a knife, hold it pointed down, parallel and close to your leg as you walk

8. A falling knife has no handle. Do not attempt to catch a falling knife; step back and allow it to fall

9. Never leave a knife in a sink of water