

Group Members:

K #

P#

After watching a demo on knife skills, you will be able to apply the cuts defined and demonstrated to the following recipe. Next to each ingredient, write the name of a group member who will be responsible for cutting their ingredient as defined in class.

Pico de Gallo

Ingredients:

- 1 large tomato, chopped _____
- 1/4 onion, diced _____
- ½ or 1 jalapeno, minced _____
- 1/2 lime, juiced _____
- 1/4 cup Cilantro, sliced _____
- Salt and freshly ground black pepper *(to taste)*



Directions

1. Prepare recipe as stated above. Have each member of the group cut one food item. **Keep each ingredient separate until signed off:** _____
2. Place all food in a large bowl and combine after your teacher has approved your food.
3. Season to taste with salt and pepper.
4. Serve with chips.

Homemade Tortilla Chips:

- 4 tortillas
- Cooking Spray
- Salt, to taste
- 1/2 T lime juice (optional)

Chip Directions:

1. Preheat oven to 375 degrees
2. Spray each tortilla, one at a time, with cooking spray generously.
3. If you want a hint of lime, use the pastry brush to lightly brush lime juice on the tortillas.
4. Sprinkle each tortilla with salt
5. Stack the tortillas and cut into 8 sections
6. Bake for 8-10 minutes, or until brown and crispy



Answer the following questions below using your Class notes:

- Define the following:
 - Chop-
 - Dice-
 - Mince-
 - Slice-
- Which knife did you use and why?
- How did you juice the lime?
- Write a 2 sentence summary on how your group worked together on this lab and your overall improvement of knife skills:

Make sure your names are on this paper and turn it into your Class folder!