

Introduction to Culinary Arts – Knife Skills

Student Worksheet

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Types of Knives and Their Uses

- _____: A Chef knife has a strong, rigid blade which makes it suitable for a wide range of jobs. Uses include: dicing, chopping and trimming vegetables, meat and poultry; chopping fresh herbs
- _____: A paring knife is a small short-bladed knife. Uses include: shaping mushrooms, turning carrots
- **Bread knife:** This knife is _____. Serrated blades have a row of sharp teeth, like the edge of a saw. Uses include: slicing loaves of bread
- _____ **knife:** This knife has a strong flexible blade that will bend easily. Uses include: removing bones from meat joints and poultry
- **Carving knife:** The carving knife has a narrow long stiff blade. Uses include: slicing meat

Parts of a Knife

1. **POINT:** This functions as the piercing tool of the blade
2. **TIP:** The tip, which includes the point, is best used for cutting small and/or delicate foods
3. **EDGE:** Working part of the blade, from _____
4. **SPINE:** Top of the blade directly opposite the edge
5. **HEEL:** Rear part of the edge. Cuts through large or tough foods when weight and force are needed
6. **BOLSTER:** Thick band of steel
7. **TANG:** Part of the blade extending into the handle. Not all knives have tangs and some do not have visible tangs
8. _____: Part of the knife that creates its grip

Knives are made of Steel

- Some knives are _____.

This means the knife is hammered into shape when very hot and then sharpened.

Knives are made of Steel

- Some knives are _____.

Stamped knives are cut from a single piece of steel, then shaped and sharpened.

Both stamped and forged knives can come from _____.

Knife Safety and Knife Rules

Knife Safety

- Keep knives sharp!
 - Dull knives slip easily
 - Dull knives are more likely to _____.

Knife Safety

- Never try to catch a falling knife
 - Jump back
 - Get out of the way
 - Watch _____

Knife Safety

- Never hold food in your hand while _____

Knife Safety

- NEVER use a knife to open anything, EVER

Knife Safety

- Keep your fingers _____ and away from the blade when cutting
- Use the _____ on your index finger to guide your knife.

Rules for Carrying Knives

- If you carry a knife ...
 - Carry it close to but not against your _____.
 - The _____ should always be facing down.
 - The blade should always be facing _____.

Rules for Carrying Knives

- Never carry knives on _____

This is often done when carrying dirty boards and knives to the sink and is dangerous.

Rules for working with Knives

- ALWAYS concentrate and focus on what you are doing
- Do NOT let others distract you

How to Sharpen a Knife?

A stone

A diamond steel

A grinding wheel (professionally only)

Mise En Place

- Is French for "_____"
- It is the process of preparing your work area and ingredients for a recipe or menu

Setting your station

- Cutting Board safety

- Always place several wet paper towels, damp clean towel, or a rubber mat under the cutting board to prevent it _____.

Setting your station

- Placement of tools

- Place all the tools you will need on a _____ to one side of your cutting board

Setting your station

- Prepare for trash

- Have a bowl or other container _____ to one side of your cutting board

Knife Safety

- Keep your knife and area clean from _____.
- Debris can get caught under your knife and cause your knife to slip.

Keep it clean

- Dirty knives can spread harmful bacteria
- Always _____ your knife and cutting board when changing tasks

Cleaning your knife

- Never put a knife through a dishwasher
- Never put a knife in a sink unattended
- Never put a knife in a pile of dishes
- Always clean your knife between cutting _____
- Always clean and sanitize your knife after use

How to Store a knife

Knives should be kept so it will not risk damage to the blade

- Knives should never be stored in a drawer
- Knives can be kept in a sleeve
- Knives can be kept in a _____
- Knives are best kept in a _____

Knife Cuts

Julienne

- A stick cut
- Dimensions are _____
- The length can be 2 inches or 2 ½ inches long. All are correct

Batonnet

- A stick cut
- Dimensions are _____
- The length can be 2 inches or 2 ½ inches or 3 inches long. All are correct
- Looks like a french fry

Brunoise

- A dice cut
- Dimensions are _____
- Made from cutting a julienne.

Small Dice

- A dice cut
- Dimensions are _____
- Made from cutting a batonnet

Medium Dice

- A dice cut
- Dimensions are _____

Large Dice

- A dice cut
- Dimensions are _____

Minced Parsley

- Parsley needs to be washed _____. Rinse the parsley under cold water.
- After parsley is cut, it must be put in cheese cloth and rinsed until the water comes out clean. This removes the _____.

Rondelle

- Rondelle are _____ or disk shaped slices.
- Usually made with carrots or green onions.

Diagonal

- Diagonal are oval-shaped slices.
- They are similar to rondelles except that the knife is held _____ to the item being cut.

Diced Onion

- Onions can easily be diced into any size using the same procedure.
- Trim away the _____ but leave it intact. This helps prevent the onion from falling apart when you are dicing.

Concasee

- Concasee (also spelled concassee, concasse)
- Concasee is a _____ of the tomato is irregular in shape but this classical knife cut maintains a consistent size.
- The skin is removed as well as the seeds and pulp.

Tourne

- Tourne is a _____ (7) equal sizes and blunt ends.
- The size may vary depending on the use.
- This is a very difficult cut.

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