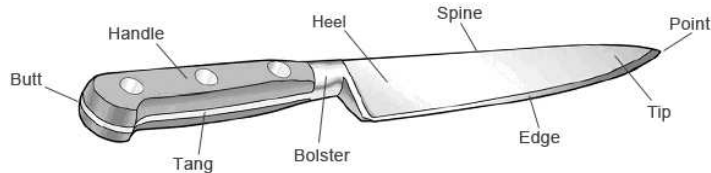


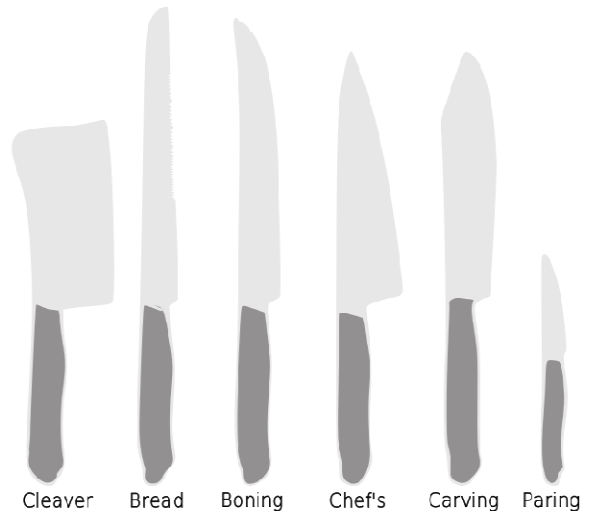
Knife Handling

Parts of the knife:



Different Types of Knives:

Chef's Knife	General knife used for everything
Paring Knife	Used for peeling any fruit/vegetables
Boning Knife	Used to remove meat from bones
Bread Knife	Used to cut loaves of bread



Proper cutting techniques:

French Knife

Holding the knife:

- Thumb and index finger wrapped around the bolster opposite of each other
- Other three fingers are loosely holding the handle
- The guiding hand should have the fingertips tucked in allowing the knife to be stabilized by the knuckles. This is called the Claw Grip
 - o This allows for maximum control of the knife

Using the knife: Juelinne cut

- Start by holding the knife properly and setting up the table
- Using the tip of the knife, slice the food 6-7mm long and 1-2mm wide.
- The heel of the knife should be used for more heavy cutting tasks allowing for maximum leverage.
- Make uniform cuts by lining the pieces together and cutting off the edge.
- Three common mistakes:
 - o Carving cold cut meet by pressing the knife through the meet instead of keeping the knife in motion sliding it back and forth.
 - o Making a energetic, rocking movement of the blade
 - o Choosing a knife that's too small for the task

Proper knife caring:

- How to Avoid Damaging the Knives:
 - o Do not leave knives in the sink.
 - o Do not store knives in a drawer mixed with other utensils.
 - o Do not wash knives in dishwasher.
 - o Do not leave knives in dish racks to dry.

- Do not put knives away when they are still wet.
- Do not cut on something other than a cutting board.
- Cut on a cutting board (preferably a wooden one), immediately wash the knife with warm soapy water after use, dry it, and store on a knife block, magnetic bar, or knife briefcase.
- Maintaining a sharp knife
 - Honing: Purpose is to realign the blade of the knife; done every 12 cuts
 - Sharpening: Purpose is to reshape the blade of the knife; done once a month

Real life example:

Sally has just begun interning at a school cafeteria and needs to help chop up onions. She remembers that there are specific points that she learned about knife handling when training for the job. The first thing she remembers to do is to put on a cutting glove on her non-dominant hand that is holding the onion. She then proceeds to choose a sharp knife she will use and decides to use a French knife because of its common use in chopping vegetables. She begins chopping her onion using a Claw Grip, with her fingers holding the onion curled in to prevent her from cutting herself, and with the hand holding the knife she grips the blade with her index and thumb on opposite ends of the bolster.

Resources:

1. Info-Center. (n.d.) Wusthof. Retrieved from <http://www.wusthof.com/>
 - a. Knife honing, sharpening, cleaning, and storage information are given. Honing aligns while sharpening reshapes the blade. Proper cleaning and storage help to maintain a high quality knife.
2. N.A. (2012 August 31). How to Care for Kitchen Knives: 6 Common Mistakes. The Huffington Post. Retrieved from http://www.huffingtonpost.com/2012/04/27/how-to-care-for-kitchen-knives_n_1455613.html#s908928&title=Putting_Knives_In
 - a. This article reveals 6 common mistakes that should not be made when caring for knives. Proper ways to prevent damage to knives are provided.
3. "Know Your Knife". Citing Websites. In Sharpening Supplies.com. Retrieved Dec 2, 2012, from http://www.sharpeningsupplies.com/knife_parts.aspx
 - a. It provides important information about knife's construction and how to identify the various knife parts.
4. "Different Types of Knives". Citing Websites. In Kitchen Knives – Blade Styles and Uses. Retrieved Dec 2, 2012, from <http://www.kniveskitchen.com/blades.html>
 - a. Provides information on the different types of knives, the cutting boards, sharpening and maintenance.
5. "How to use a Chef's Knife". Citing Websites. Retrieved Dec 2, 2012, from <http://culinaryarts.about.com/>
 - a. Provides information about how to properly hold the knife and different techniques for slicing vegetables.