

# Knife Skills

1. Always cut on a cutting board or cutting mat. Never on the counter top or in your hand.
2. Hold the food securely on the cutting surface.
3. If you are holding the food with your finger, curl your fingers so that your fingertips are not near the knife edge.
4. Cut the food slowly and carefully. Focus. Do not be distracted when you are cutting.
5. Try to cut the food into uniformly sized pieces.
6. Wash the knife immediately after using it. Never place it in a sink of soapy water.
7. Never try to catch a falling knife.

## Types of Knives and Their Uses

- Chef's knives: A chef's 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, and chopping fresh herbs



- Paring knife: A paring knife is a small short-bladed knife. Uses include: cutting small items and/or softer items



- Bread/serrated knife: Serrated blades have a row of sharp teeth, like the edge of a saw. Uses include: slicing loaves of bread and tomatoes

