

Knife Skills Practice

Practicing knife skills can help make vegetable prep faster and safer... and you might even find more vegetables on your plate!










Carrots sliced on a cutting board






10 Tips for Knife Safety

1. Always carry knives one at a time with the point down. Avoid transporting knives on a cutting board or in a bowl, as they may slip off.
2. Avoid leaving knives in a sink of soapy water. It can be hard to see what is in a sink of soapy water. Someone may begin to wash dishes, not realize a knife is there, and cut themselves.
3. Make sure knives are sharp. Dull knives can slip and lead to cuts. Use a knife sharpener and steel.
4. Never try to catch a falling knife. Let the knife fall and move out of the way.
5. Use the right knife for the job. Use a paring knife to pare vegetables, boning knife to debone a chicken, serrated knife for bread, filet knife for fish, etc.
6. Place a damp clean cloth or paper towel underneath cutting boards to prevent slips.
7. When using a knife for chopping or dicing, bend your fingertips back and tuck your thumb behind your index finger. Keep your eyes focused on what you are doing while cutting. Keep the tip of the blade on the cutting board as you move the heel up and down when you cut.
8. Never hold foods in your hand while cutting (e.g., bagels, kaiser rolls).
9. Make sure knives are stored safely in a knife drawer or knife roll.
10. Avoid using knives for purposes other than their intended use. A knife is not a can opener, screwdriver, etc.

Basic Knife Cuts:

Measurements	Name of Cut	Picture	Ideas to Use
2 x 2 x 8 cm (¾ x ¾ x 3 inch)	Baton		Baked “fries” using potatoes, sweet potatoes, carrots, rutabaga, or other root vegetables
6mm x 6mm x 6 cm (¼ x ¼ x 2 ½ inch)	Bâtonnet		Vegetable sticks to serve with hummus or other dips
3mm x 3mm x 6 cm (1/8 x 1/8 x 2 ½ inch)	Julienne		Stir-fries, noodle salads, and wraps
3mm x 3mm x 3mm (1/8 x 1/8 x 1/8 inch)	Brunoise (small dice)		Sauces, garnish, salsa, mixing with cooked ground meats (e.g., Shepherd’s pie)
0.3 cm width Thinly sliced	Chiffonade		Sandwiches and salads
2cm x 2cm x 2 cm (¾ x ¾ x ¾ inch)	Large dice		Stews
1 cm x 1 cm x 1 cm (½ x ½ x ½ inch)	Medium Dice		Soups

Using the Right Knife for The Job:

Knife	Picture	Description and Uses
Chef Knife (French Knife)		All-purpose knife Used to chop, cut, slice and dice
Fillet knife		A very sharp, thin and flexible blade Used to fillet fish
Boning Knife		Like a knife to fillet fish, however the blade is very rigid Used to remove meat from the bone.
Paring Knife		A small knife with a 2-4" inch blade Used for vegetables and to trim and remove cores, root tips, pith, seeds and stems
Cleaver		The blade is sharp and heavy and strong enough to cut through bone Used to chop and transport foods

Food Safety Tips and Tricks

- Wash produce under cool running water before cutting it
- Use a clean knife and cutting board to prevent cross contamination



person slicing bell peppers