

Food \$ense Knife Skills

Knife Skills Cooking Terms

- Chop – to cut into irregular shaped pieces.
- Concasser (*con-cass-SAY*) – to chop coarsely, to crush.
- Mince – to chop into very fine pieces (think minced garlic).
- Shred – to cut into thin strips either with coarse blade of a grater or with chef's knife (think shredded cabbage for coleslaw).
- Chiffonade (*shi-fi-NOD*)– cutting leaves (lettuce, herbs) into fine strips.
- Dice – cut into uniform shapes.
 - Brunoise (*BROON-wah*) – tiny diced cubes measuring 1/8 inch by 1/8 inch.
 - Small dice – 1/4" by 1/4" cubes.
 - Medium dice – 1/2" by 1/2" cubes.
 - Large dice – 3/4" by 3/4" cubes.
- Julienne (*joo-lee-ENN*) – 1/8" by 1/8" by 2 1/2" strips.
- Batonnet (*bah-tow-NAY*) – 1/4" by 1/4" by 2 1/2 to 3" strips.
- French fry – 1/2" by 1/2" by 3".

Three Basic Knife Cuts

- **Draw** ~ Use tip of blade and draw tip of knife through food (onions, green peppers, apples, etc.).
- **Slice** ~ Use middle of blade, keeping tip on cutting board, and push down & away (zucchini, carrots, celery, etc.).
- **Chop** ~ Use entire blade, keeping tip on cutting board, and pushing down & away in semi-circular motion (garlic, dicing onion, potatoes, etc.).

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Caring for your Knife

- Cleaning knives:
 - Clean in hot, soapy water and dry thoroughly between tasks and after you are through cooking to prevent cross contamination.
 - Never put a good knife in the dishwasher. The edges could be damaged by jostling or extreme temperature changes.
 - Never drop a knife in a sink of soapy water. The knife could become dented or nicked and anyone reaching into the sink could be seriously cut.
- Storing knives:
 - Protect the blade by storing your knife in a block made for knives or by keeping a sheath on the knife if stored in a drawer (*show paper sheath and any other sheath you may have*).
- Keeping knives sharp:
 - The surface you cut on makes a difference. A cutting board is an important partner to your knife. Hard wood or hard plastic or rubber boards are preferred. Any of these can harbor harmful bacteria so care should be taken to clean and sanitize them with each use.
 - Ceramic, glass and tile are very hard on the knife's blade and should be avoided as cutting boards.

What can you do with fresh cut veggies and fruit?

Try adding them to salads, pasta, rice, soups, stir-fries, sandwiches, and wraps.

Or just plunk them into one of these tasty dips!

Cottage Cheese Dip

- 1 cup low fat cottage cheese
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ teaspoon parsley flakes
- ½ teaspoon dill weed
- Salt and pepper to taste

Mix all ingredients together and chill. Serve with fresh cut up vegetables.

Yogurt Dip

- 1 (8 oz) carton strawberry yogurt
- 1-2 tablespoons frozen orange juice concentrate
- Dash ground cinnamon
- ¼ teaspoon poppy seeds (optional)

Combine all ingredients in a small bowl and stir to blend. Serve as dip for fresh fruit.

What else can you do?

Sauté fresh cut veggies in a little olive oil until they are just tender then add them to casseroles, quesadillas, burritos, omelets, potatoes, and sauces. Yum, yum!

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