



# Know Your Knives

Foods 2

# What is this?



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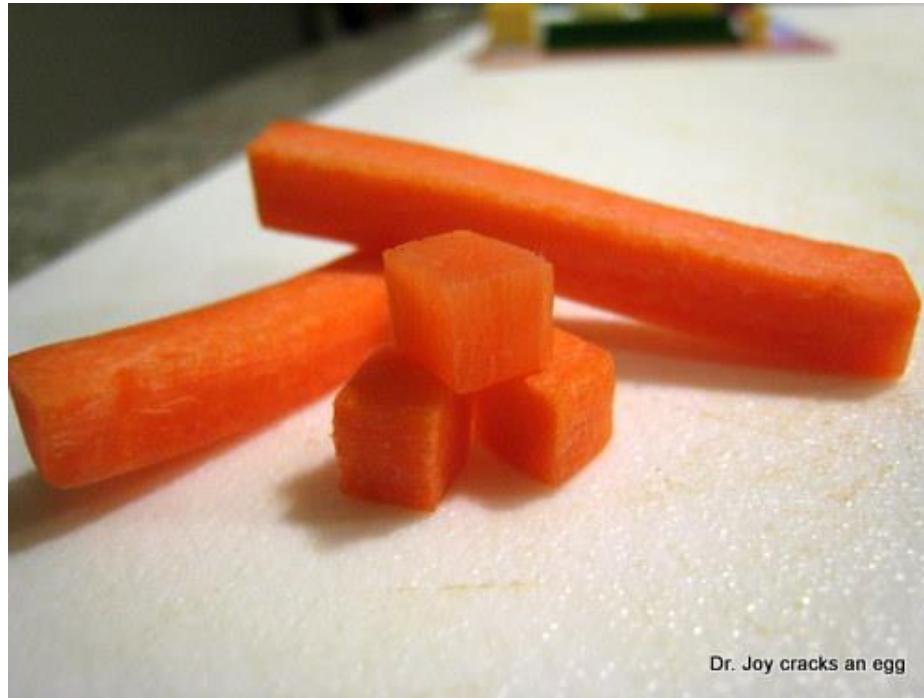


# What is this?



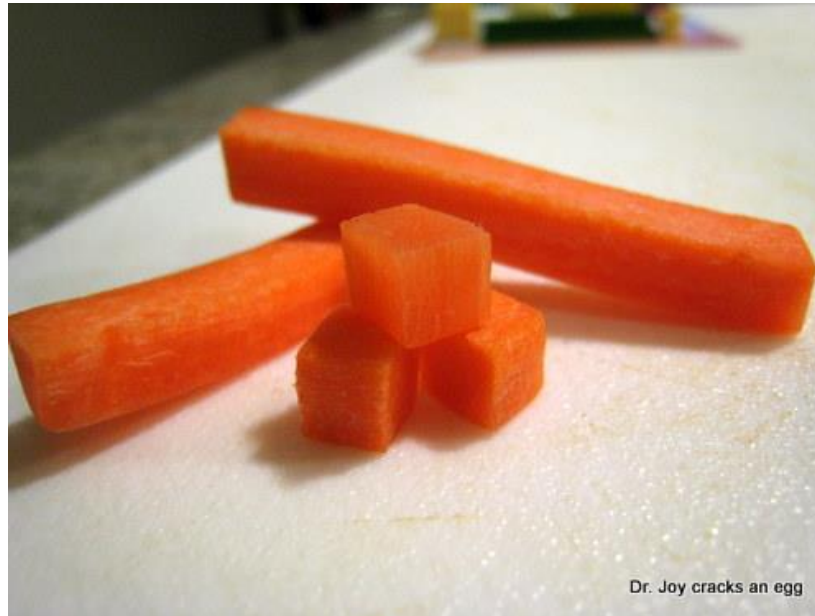
# Describe the following cut:

Batonnet:  $2 \times \frac{1}{4} \times \frac{1}{4}$



# Describe the following cut:

Dice:  $\frac{1}{4} \times \frac{1}{4} \times \frac{1}{4}$  or  $\frac{1}{2} \times \frac{1}{2} \times \frac{1}{2}$



Dr. Joy cracks an egg

# Describe the following cut:

Julienne:  $2 \times \frac{1}{8} \times \frac{1}{8}$





# Describe the following cut:

Brunoise:  $1/8 \times 1/8 \times 1/8$



# Describe the following cut:

- ▶ Diagonal: Cut on a 45 degree angle, ¼" thick

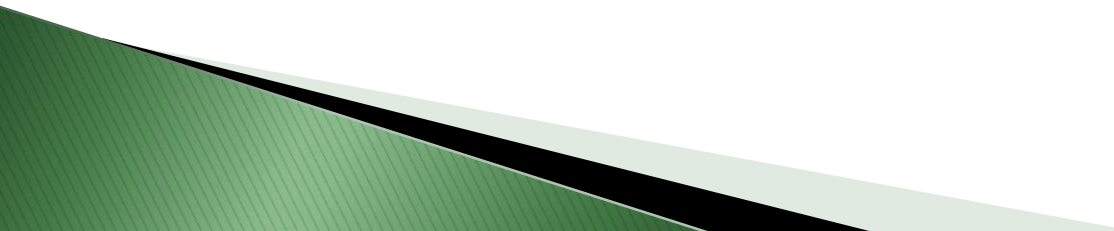


# Describe the following cut:

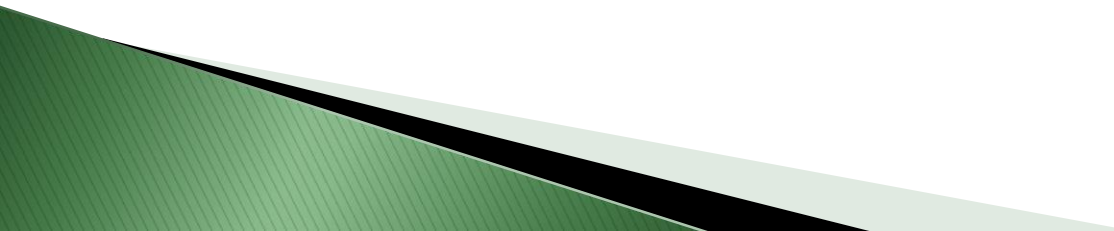
- ▶ Chiffonade: Roll leaf such as basil or spinach and thinly cut into strips.



# Using a Cutting Board

- ▶ Why? Prevents damage on counters and knives and prevents cross contamination.
  - ▶ Stabilize with a damp towel or drawer liner.
  - ▶ Sanitize by scrubbing in hot soapy water, can use diluted bleach solution to rinse. Can put in dishwasher, but check label when purchased.
  - ▶ Change cutting boards or sanitize when changing tasks to avoid cross contamination.
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# Guidelines for Knives:

- ▶ Keep knives sharpened – cuts more evenly with less force, it's safer
  - ▶ Use a knife only for it's intended purpose
  - ▶ Keep the handle clean and dry
  - ▶ Never leave knives soaking under water, wash by hand while holding the handle the entire time
  - ▶ Never talk or point with a knife
  - ▶ Never distract others who are using knives
  - ▶ If a knife is dropped, jump back and let it fall
  - ▶ Never hand someone a knife, put it on the counter and let them pick it up
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# Knife Storage

- ▶ Store away from other utensils.
- ▶ Keep blade covered if necessary.
- ▶ Knife blocks are unsanitary, a magnet is the best storage solution or a knife kit.





Name: \_\_\_\_\_

Period: \_\_\_\_\_

## Knife Skills - Grading Rubric

Quality	1	2	3	4	5	Score
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### **¼" diagonal slice, 4-5 slices**

Uniformity of cuts	Rough chop, not uniform in size or shape	Cut is discernable, but pieces vary in size and shape	Correct shape, but mixed with a variety of other shapes	Most pieces are correct shape	Identical in size and shape	TOTAL Score
Size	Varies widely in size and could not be cooked uniformly	Much larger or much smaller than requested	It is possible to find the correct size, but lots of variation	Most are the correct size	All are the correct size	TOTAL Score

### **Julienne, 1/8x1/8x2 5-6 pieces**

Uniformity of cuts	Rough chop, not uniform in size or shape	Cut is discernable, but pieces vary in size and shape	Correct shape, but mixed with a variety of other shapes	Most pieces are correct shape	Identical in size and shape	TOTAL Score
Size	Varies widely in size and could not be cooked uniformly	Much larger or much smaller than requested	It is possible to find the correct size, but lots of variation	Most are the correct size	All are the correct size	TOTAL Score

### **Brunoise, 1/8x1/8x1/8 10+ pieces**

Uniformity of cuts	Rough chop, not uniform in size or shape	Cut is discernable, but pieces vary in size and shape	Correct shape, but mixed with a variety of other shapes	Most pieces are correct shape	Identical in size and shape	TOTAL Score
Size	Varies widely in size and could not be cooked uniformly	Much larger or much smaller than requested	It is possible to find the correct size, but lots of variation	Most are the correct size	All are the correct size	TOTAL Score

### **Batonnet, ¼ x ¼ x 2 5-6 pieces**

Uniformity of cuts	Rough chop, not uniform in size or shape	Cut is discernable, but pieces vary in size and shape	Correct shape, but mixed with a variety of other shapes	Most pieces are correct shape	Identical in size and shape	TOTAL Score
Size	Varies widely in size and could not be cooked uniformly	Much larger or much smaller than requested	It is possible to find the correct size, but lots of variation	Most are the correct size	All are the correct size	TOTAL Score

### **Small dice ¼", 4-5 pieces**

Uniformity of cuts	Rough chop, not uniform in size or shape	Cut is discernable, but pieces vary in size and shape	Correct shape, but mixed with a variety of other shapes	Most pieces are correct shape	Identical in size and shape	TOTAL Score
Size	Varies widely in size and could not be cooked uniformly	Much larger or much smaller than requested	It is possible to find the correct size, but lots of variation	Most are the correct size	All are the correct size	TOTAL Score

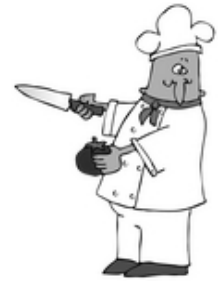
### **Medium Dice ½", 4-5 pieces**

Uniformity of cuts	Rough chop, not uniform in size or shape	Cut is discernable, but pieces vary in size and shape	Correct shape, but mixed with a variety of other shapes	Most pieces are correct shape	Identical in size and shape	TOTAL Score
Size	Varies widely in size and could not be cooked uniformly	Much larger or much smaller than requested	It is possible to find the correct size, but lots of variation	Most are the correct size	All are the correct size	TOTAL Score

### **Chiffonade – small pile**

Size & Shape	Rough chop, some big pieces, skin of onion in chop	Not consistent in size	Some large pieces	Most pieces are even in size and shape	Even in size and shape	TOTAL Score
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# Know your Knives!



Match the knife type on the left with the common use on the right. Each letter will only be used once.

- |                          |  |
|--------------------------|--|
| _____ 1. Serrated Slicer | A. Separating raw meat from the bone                         |
| _____ 2. Paring          | B. All-purpose, especially for chopping slicing and mincing. |
| _____ 3. Boning          | C. Cutting bread, cake and similar items                     |
| _____ 4. Chef's/French   | D. Peeling and trimming vegetables and fruit                 |

Describe the following cuts:

Batonnet: \_\_\_\_\_

Dice: \_\_\_\_\_

Julienne: \_\_\_\_\_

Brunoise: \_\_\_\_\_

Diagonal: \_\_\_\_\_

Chiffonade: \_\_\_\_\_

Using a Cutting Board:

Why? \_\_\_\_\_

Stabilize: \_\_\_\_\_

Sanitize: \_\_\_\_\_

Cross Contamination: \_\_\_\_\_



### Guidelines for knives:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

### Knife Storage:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

