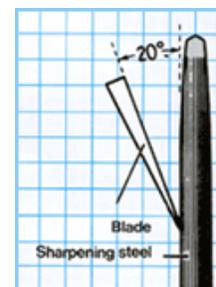
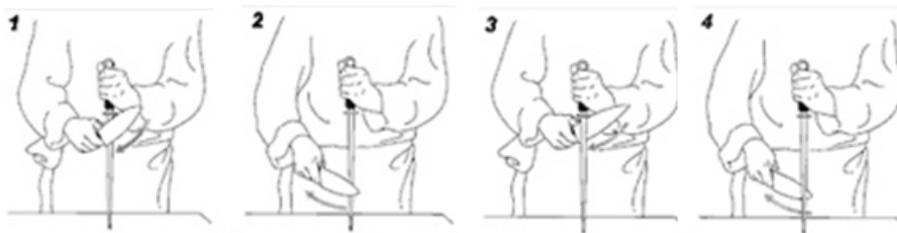


Knife Skills

1. Importance of good knives
 - a. Sharp, well-kept knives are safer to work with.
 - b. The right knives make you more efficient thereby reducing the amount of time you spend prepping.
 - c. More enjoyable to work with good knives. Remember, it's the most used tool in your kitchen.
2. Characteristics of quality knives
 - a. Knife is forged from a single blank of high carbon no-stain steel – from the tip of the blade to the very end of the handle.
 - b. The handle is comfortable and durable, with a good seam between it and the blade.
 - c. The blade is forged by hand without stamping, welding, or shortcuts, just solid quality and is composed high carbon no-stain steel.
 - d. The thick section of steel between the blade and the handle is call the bolster and represents the distinctive identification of a forged knife.
 - e. The edge should be extremely sharp and be relatively easy to keep that way. It should also be perfectly curved for mincing, dicing, and chopping.
 - f. Most important – the knife should be comfortable in your hand.
3. Holding your knives
 - a. Holding your knives properly improves your consistency and limits chance of getting cut.
 - b. Always be aware of where your off-hand is and that you are holding the product you are cutting properly.
4. Cutting Boards
 - a. Wood
 - b. Large
 - c. Heavy
5. Storage
 - a. Block, in-drawer block, covers or magnetic strip
 - b. Should be stored so that the blade is protected – keeps the blade sharp and keeps you from getting cut.
6. Importance of Sharpening
 - a. Regular maintenance of your knives insures a lifetime of cooking pleasure. With regular use any knife's edge will lose its *"bite"*. Under high magnification, you would see that the cutting edge itself actually consists of rows of tiny "teeth" which must be periodically realigned for optimum cutting performance.
 - b. The key to using a honing steel is holding the blade at a consistent 20 degree angle as you simulate the motion of the blade "shaving" off the surface of the honing steel itself. The "Tip Down" method shown here works best as it lets you always see the contact point of the knife and the steel.
 - c. At some point, any quality knife will require professional sharpening performed on equipment not always available for home use. Consult retailer for services in your area.



Forward Slice

Keeping the edge of the knife parallel to the chopping board, slice down through the food with a forward motion at regular intervals. Use your other hand to feed the item toward the knife. To do this safely, curl your fingers in and use your fingertips to grasp and move the item. This cut is used for slicing larger vegetables where the rocking slice is not possible.

Rocking Slice

With a rocking motion, keeping the tip of the knife on the chopping board, slice down through the food at regular intervals. There should be no starting or stopping--try to achieve one continual motion. Use your other hand to feed the item toward the knife. To do this safely, curl your fingers in and use your fingertips to grasp and move the item.

Reverse Slice

Keeping the edge of the knife parallel to the board, slice through the product by pulling back on the knife. This technique is only used for certain types of cuts, i.e. cutting an onion while keeping the root end intact.

Rocking Chop

Hold the blade just in front of the bolster with your thumb and forefinger. Lay the four fingers of your weak hand on the spine at the tip of the knife. Holding the knife securely but not too tight, rock it back and forth on the board over the product you are cutting.

Types of Cuts

Slice – to cut food into uniform thickness.

Chop - to cut foods into pieces. This is a larger cut than dice or mince and generally does not need to be uniform.

Dice - a dice is a cube, usually of a vegetable, that ranges from 1/4 inch to 3/4 inch square.

Brunoise - an extremely fine and exact dice.

Mince - to cut food into very small pieces.

Chiffonade - when translated literally from the French, "chiffonade" means "made of rags." In culinary terms it means finely cut strips or ribbons of leafy vegetables or herbs.

Boning Chicken - To bone a chicken, you'll need a very sharp boning knife.

To begin, lay a whole chicken on its back and make a cut between the leg and the breast. Bend the leg away from the body, pressing your fingers underneath the joint until it pops loose. Turn the chicken and cut from the tail to the head to remove the leg from the carcass and pop out the oyster. The oyster is a small, very flavorful pocket of meat that is attached to the thigh.

To remove the breast meat, cut along one side of the backbone and then down along the ribs, gently pulling the meat away from the carcass. Leave behind as little meat as possible.

When you get to the wing joint, cut through it and remove the breast and wing from the body in one piece. Separate the wing from the breast if desired.

Kale Salad

Lemon Dijon Vinaigrette

2 tablespoons fresh lemon juice
2 tablespoons red wine vinegar
1 tablespoon dijon mustard
1 clove garlic, minced
1 teaspoon honey
½ cup olive oil
Salt and pepper, to taste

Salad

5 cups baby kale (or mix)
½ red pepper, thinly sliced
½ cup thinly sliced celery
½ cup thinly sliced carrots
1 small shallot, minced
½ cup sliced almonds
½ cup crumbled feta
¼ cup dried cranberries

- Stir together the lemon juice, vinegar, mustard, garlic and honey; season with salt and pepper.
- Slowly whisk in the olive; adjust seasoning.
- Add kale, peppers, carrots, shallots, almonds, feta, and cranberries to a large mixing bowl.
- Season with enough dressing to coat the leaves. Serve

Sauteed Mushroom Salad

1 tablespoon olive oil
2 cups sliced mushrooms
½ onion, diced
2 cloves garlic, minced
4 cups romaine lettuce
1 cup diced tomatoes
Fresh parsley, minced
Fresh basil, chiffonade
Toasted pinenuts
Toasted almonds
Salt and pepper

Vinaigrette

- Bring a saute pan to medium high heat; add the oil.
- Saute mushrooms, onions and garlic until golden brown; season with salt and pepper.
- Add lettuce, tomatoes, and mushrooms to a large bowl.
- Toss with enough dressing to coat leaves.
- Season with parsley, salt and pepper. Garnish with nuts.

Notes:

- Intro
- Mushrooms: practice forward slice, thinly sliced, for chef to saute for salad
- Celery: forward slice, thinly sliced, for salad
- Carrot: forward slice, thinly sliced, for salad
- Shallot: cutting an onion, mince for salad
- Red pepper: practice forward slice, thinly sliced, for salad
- Garlic: mash and mince; finely minced, for **both** salads
- Onion: practice cuts on full sized onion, finely chop for salad
- Butternut Squash: Chef demo, for salad, have pre-done
- Tomatoes: forward slice, diced for salad
- Parsley: rocking chop, mince for salad
- Basil: chiffonade for salad
- Carrots, Celery, Radish: forward slice, julienne and slice for crudite
- Stock: assemble