

Pre-Release Teacher Review Version

Introduction to Culinary Arts – Knife Skills Teacher Key

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Hospitality Education Foundation of Georgia

**This is a pre-release version
of the Teacher key
for the Knife Skills Volume.**

**Please take time to fill out the questionnaire and evaluate these resources.
The questionnaire is a file called "Teacher Review Committee". If you do
not have the questionnaire send comments to hefg@hefg.org.**

Disclaimer:

This file is not intended as a complete or replacement resource.

The textbook cross-reference information, entertaining classroom presentation, interactive student handout and teacher key are designed to ease your transition to the new Georgia culinary curriculum.

This presentation was developed based on the topics, order, and culinary terms in the Georgia Department of Education's Introduction to Culinary Arts Curriculum, March 2007.

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Types of Knives and Their Uses

- **Chef's knives:** A Chef 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; chopping fresh herbs
- **Paring knife:** A paring knife is a small short-bladed knife. Uses include: shaping mushrooms, turning carrots
- **Bread knife:** This knife is **serrated**. Serrated blades have a row of sharp teeth, like the edge of a saw. Uses include: slicing loaves of bread
- **Boning knife:** This knife has a strong flexible blade that will bend easily. Uses include: removing bones from meat joints and poultry
- **Carving knife:** The carving knife has a narrow long stiff blade. Uses include: slicing meat

Parts of a Knife

1. **POINT:** This functions as the piercing tool of the blade
2. **TIP:** The tip, which includes the point, is best used for cutting small and/or delicate foods
3. **EDGE:** Working part of the blade, from **point to heel**
4. **SPINE:** Top of the blade directly opposite the edge
5. **HEEL:** Rear part of the edge. Cuts through large or tough foods when weight and force are needed
6. **BOLSTER:** Thick band of steel
7. **TANG:** Part of the blade extending into the handle. Not all knives have tangs and some do not have visible tangs
8. **HANDLE:** Part of the knife that creates its grip

Knives are made of Steel

- Some knives are **forged**.

This means the knife is hammered into shape when very hot and then sharpened.

Knives are made of Steel

- Some knives are stamped.

Stamped knives are cut from a single piece of steel, then shaped and sharpened.

Both stamped and forged knives can come from high carbon steel.

Knife Safety and Knife Rules

Knife Safety

- Keep knives sharp!
 - Dull knives slip easily
 - Dull knives are more likely to cut you.

Knife Safety

- Never try to catch a falling knife
 - Jump back
 - Get out of the way
 - Watch your feet

Knife Safety

- Never hold food in your hand while cutting

Knife Safety

- NEVER use a knife to open anything, EVER

Knife Safety

- Keep your fingers turned under and away from the blade when cutting
- Use the knuckle on your index finger to guide your knife.

Rules for Carrying Knives

- If you carry a knife ...
 - Carry it close to but not against your body.
 - The point should always be facing down.
 - The blade should always be facing backwards.

Rules for Carrying Knives

- Never carry knives on **chopping boards**

This is often done when carrying dirty boards and knives to the sink and is dangerous.

Rules for working with Knives

- ALWAYS concentrate and focus on what you are doing
- Do NOT let others distract you

How to Sharpen a Knife?

A stone

A diamond steel

A grinding wheel (professionally only)

Mise En Place

- Is French for "**everything in its place**"
- It is the process of preparing your work area and ingredients for a recipe or menu

Setting your station

- Cutting Board safety
 - Always place several wet paper towels, damp clean towel, or a rubber mat under the cutting board to prevent it **from moving**.

Setting your station

- Placement of tools
 - Place all the tools you will need on a **clean towel** to one side of your cutting board

Setting your station

- Prepare for trash
 - Have a bowl or other container **for trash** to one side of your cutting board

Knife Safety

- Keep your knife and area clean from **debris**.
- Debris can get caught under your knife and cause your knife to slip.

Keep it clean

- Dirty knives can spread harmful bacteria
- Always **sanitize** your knife and cutting board when changing tasks

Cleaning your knife

- Never put a knife through a dishwasher
- Never put a knife in a sink unattended
- Never put a knife in a pile of dishes

- Always clean your knife between cutting **different items**
- Always clean and sanitize your knife after use

How to Store a knife

Knives should be kept so it will not risk damage to the blade

- Knives should never be stored in a drawer
- Knives can be kept in a sleeve
- Knives can be kept in a **roll**
- Knives are best kept in a **block**

Knife Cuts

Julienne

- A stick cut
- Dimensions are 1/8" x 1/8" x 2 1/2"
- The length can be 2 or 2 ½ inches long. All are correct

Batonnet

- A stick cut
- Dimensions are 1/4" x 1/4" x 2 1/2"
- The length can be 2 inches or 2 ½ inches or 3 inches long. All are correct
- Looks like a french fry

Brunoise

- A dice cut
- Dimensions are 1/8" x 1/8" x 1/8"
- Made from cutting a julienne.

Small Dice

- A dice cut
- Dimensions are 1/4" x 1/4" x 1/4"
- Made from cutting a batonnet

Medium Dice

- A dice cut
- Dimensions are 1/2" x 1/2" x 1/2"

Large Dice

- A dice cut
- Dimensions are 3/4" x 3/4" x 3/4"

Minced Parsley

- Parsley needs to be washed before it is cut. Rinse the parsley under cold water.
- After parsley is cut, it must be put in cheese cloth and rinsed until the water comes out clean. This removes the chlorophyll.

Rondelle

- Rondelle are **round cuts** or disk shaped slices.
- Usually made with carrots or green onions.

Diagonal

- Diagonal are oval-shaped slices.
- They are similar to rondelles except that the knife is held **at an angle** to the item being cut.

Diced Onion

- Onions can easily be diced into any size using the same procedure.
- Trim away the **root end** but leave it intact. This helps prevent the onion from falling apart when you are dicing.

Concasse

- Concasse (also spelled concassee, concasse)
- Concasse is a **rough chop** or dice. The inside of the tomato is irregular in shape but this classical knife cut maintains a consistent size.
- The skin is removed as well as the seeds and pulp.

Tourne

- Tourne is a **football shaped** cut with seven (7) equal sizes and blunt ends.
- The size may vary depending on the use.
- This is a very difficult cut.

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