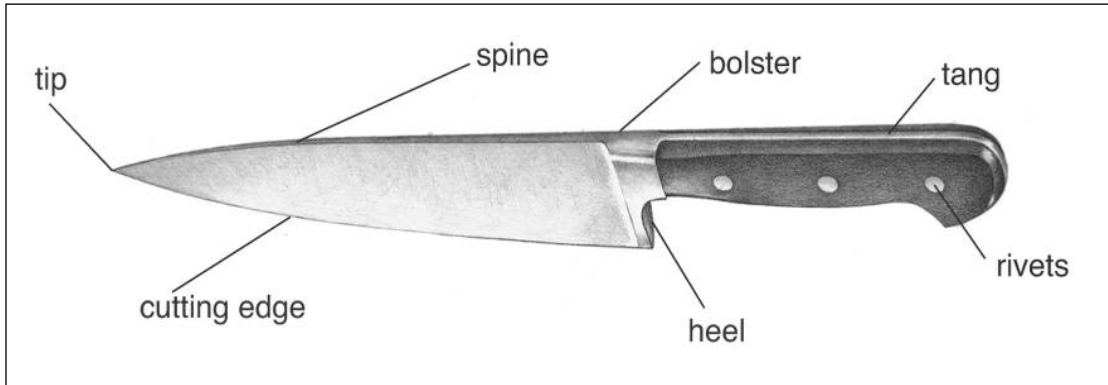


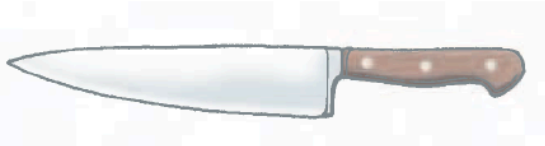
Knives and Knife skills

Knife: The **most important** item in the tool kit (p.56)

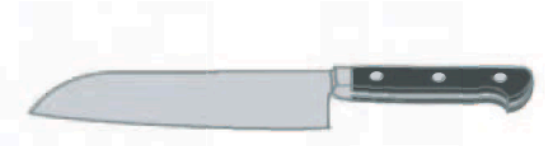
- A good knife begins with a single piece of **metal**, stamped, cut, or best of all, forged and tempered
- Knives are different **sh**_____ **s** and **si**_____ **s** for the different jobs they do



| Knife shape | Used for: |
|----------------------------|------------------|
| <i>French/Chef's Knife</i> | |
| <i>Utility Knife</i> | |
| <i>Boning Knife</i> | |
| <i>Paring Knife</i> | |
| <i>Cleaver</i> | |
| <i>Slicer</i> | |
| <i>Butcher Knife</i> | |
| <i>Oyster/Clam Knife</i> | |



French knife or chef's knife



Santoku knife or Japanese cook's knife



Utility knife



Boning knife



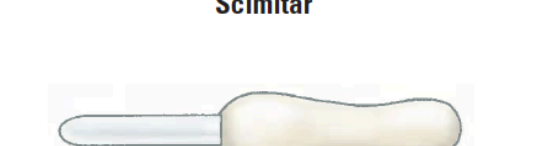
Slicer



Butcher knife



Scimitar



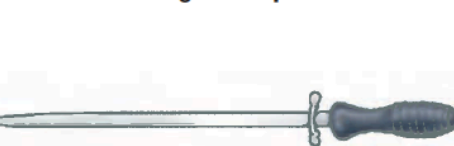
Oyster knife



Clam knife



Vegetable peeler



Steel

To sharpen knives, we use either a **S**_____ or a **W**_____.

Knife skills (p.78)

One of the most important tools the student chef must master is **the k**_____.

Good knife skills are critical to a chef's success because the knife is the **most commonly** used **tool** in the kitchen.

Using the Knife Safely:

1. Use the correct knife for the task at hand (think what you need to do first)
2. Always **cut away** from yourself
3. Always cut on a **cl**_____ **n cutting board**
4. Do not cut on **glass, marble or metal** (this includes plates!)
5. Place a damp towel **underneath** the **cutting board** to keep it from sliding as you cut
6. Keep knives **sh**_____ ; a dull/blunt knife is **more dangerous** than a sharp one
7. When carrying a knife, hold it pointed down, parallel and close to your leg as you walk
8. A falling knife has no handle. **Do not attempt to catch a falling knife**; step back and allow it to fall
9. Never leave a knife in a **sink of water**;

| Knife safety | Why? |
|--------------|------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |

| | |
|---|--|
| 6 | |
| 7 | |
| 8 | |
| 9 | |

Complete the above information with your group.

Caring for Your Knives

- **Sharpening**
 - Whetstone
 - Steel – hones or straightens blade after sharpening
- **Washing and storing**
 - Do not wash knives in commercial dishwashers
 - Always wash and **dry knives** by hand. Make sure you dry your knife, otherwise it can **ru**_____

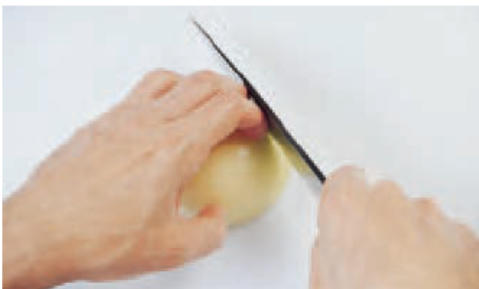


Gripping (holding the knife):

Find your own best way to hold the knife. It should be the **safest way** and one that you can **control** your actions.

Cutting with your knife:

- Keep your fingertips curled back
- **Control** the food as much as possible
- Use the **tip** of the knife for smaller, lighter cutting/chopping/slicing
- Use the **thick** part for larger, heavier cuttings/chopping/slicing



Slicing:

- To _____ is to cut an item into relatively broad, thin pieces.

Chopping

- To _____ is to cut an item into small pieces when uniformity of size is neither necessary nor feasible.

Cutting and Dicing

- To _____ is to cut an item into cubes (just like a dice).
- Cutting makes the item into sticks that can then be diced.

| Summary of worksheet | Summary of worksheet in Chinese |
|----------------------|---------------------------------|
| | |

In your opinion, what is the most important thing to remember?

What are the keywords from this worksheet?

| English: | Chinese translation: |
|----------|----------------------|
| | |

