

Lesson Three – Knife Cuts

Lesson Overview

Along with safety and efficiency in using knives, different cuts are important for different applications. Preparing attractive foods and cooking them properly can be the result of proficient knife skills.

Lesson Objectives

After completing this lesson, participants will be able to:

- learn how to properly and safely grip knives and food when cutting
- recognize basic knife cuts
- demonstrate and apply knife skills using modeling clay and a variety of foods

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• Culinary Knife Skills Kit • <i>Knife Cuts</i> slide presentation • <i>Knife Cuts Vocabulary and Note Sheet</i> • <i>Knife Cuts Vocabulary and Note Sheet – Answer Key</i>	1. Prepare <i>Knife Cuts</i> slide presentation for viewing 2. Print/photocopy the <i>Knife Cuts Vocabulary and Note Sheet</i> (one per participant)	20-30 minutes
LEARN	• Knife Skills Kit • Knives • <i>Knife Cuts Practice Sheet</i>	1. Print/photocopy the <i>Knife Cuts Practice Sheet</i> (one per participant)	20-30 minutes
REVIEW	• Knife Skills Kit • Knives • <i>Knife Skills Post Assessment</i> • <i>Knife Skills Post Assessment – Answer Key</i>	1. Print/photocopy the <i>Knife Skills Post Assessment</i> (one per participant)	20-30 minutes

Lesson 3 – Knife Cuts

FOCUS: Introduction to Knife Cuts

20-30 minutes

Purpose:

To introduce participants to the materials in the Knife Skills Kit and terms related to knife cuts.

Materials:

- Knife Skills Kit
- *Knife Cuts Vocabulary and Note Sheet*
- *Knife Cuts Vocabulary and Note Sheet – Answer Key*
- *Knife Cuts* slide presentation

Facilitation Steps:

1. Set out the pieces of the Knife Skills Kit on the demonstration table or at the front of the room.
2. Show each piece of the kit and give a description along with modeling the use.
 - a. Measurement/Conversions and Common Knife Cuts poster set
 - b. Cutting Board
 - c. Culinary Cuts Ruler
 - d. Knife Cuts 3D Visual Model set
 - e. Finger Guards
 - f. Modeling clay
3. Present the *Knife Cuts* slide presentation, using modeling and the kit as props to describe the knife cuts that will be practiced later.
4. Have participants take notes on the *Knife Cuts Vocabulary and Note Sheet*.

Name: _____ Class: _____

Knife Cuts Vocabulary and Note Sheet



Vocabulary

1. Cutting Mat:
2. Mercer Cut Ruler:
3. Finger Guards:
4. Knife Cut Models:

Presentation Notes

Slide 2: Knife Grip and Hand Position

- Describe the recommended methods for gripping a knife:
- Describe the correct position for your guide hand:

Slide 3: Important Points

- Choose the knife grip that is most _____ for you
- Do NOT _____ your _____ finger
- Use a _____ or _____ motion with the knife
- The fingers of your guide hand should be rolled back with or without a finger guard

Slide 4: Cutting Boards and Mats

- Always use a cutting _____ or _____
- Cutting boards:
 - Made from _____, _____, or _____
 - Should be stabilized by placing a _____ cloth or damp paper towel underneath so they don't move around
 - Boards with grips don't need to be stabilized

Slide 5: Cutting Boards and Mats

- Cutting mats:
 - Made from _____ plastic or polypropylene material
 - Some have a non-slip side
 - If not, a damp paper towel or kitchen cloth should be used to stabilize

Slide 6: Choose your Knife

- Know the cut you are going to do and choose the knife accordingly
- _____ are the most frequently used kitchen knife

Slide 7: Slicing

- Slicing: cuts that make large thin pieces of a food
- Knives used:
 -
 -
 -

Slide 8: Examples of slices

- _____: fine ribbon-like pieces of leafy vegetables or herbs
- _____ or _____: disk-like pieces from cylindrical fruit or vegetables
- _____: an oval or oblong slice from cylindrical fruit or vegetables
- _____ or _____: wedge-shaped pieces made by making a diagonal cut

Slide 10: Chopping and Mincing

- Chopping: food is cut into _____ pieces
- Mincing: food is cut into _____ pieces

Slide 11: Classic Cuts

- Julienne: _____ x _____ x _____ inch matchstick shapes
- Batonnet: _____ inch matchstick cuts
- Dice- even sided cubes
 - Large: _____ inch
 - Medium: _____ inch
 - Small: _____ inch
 - Brunoise: _____ inch (very small)
- Tourne: _____-shaped cut

Slide 13: Why so many different cuts?

- Reasons for cutting food in specific sizes and shapes
 - _____: Uniformity of size and shape means uniform cooking time
 - _____: Even sizes and shapes look attractive and professional

Slide 14: Why so many different cuts?

- Knowing the different cuts and when to use them will improve your culinary skills
- Using the techniques you have learned will keep you safe and efficient when preparing food for yourself and for others

Knife Cuts Vocabulary and Note Sheet – Answer Key

Vocabulary

1. Cutting Mat: **Used to protect countertops and keep knives sharp**
2. Mercer Cut Ruler: **a kitchen tool used as a reference for measurements and dimensions of classic knife cuts**
3. Finger Guards: **metal guard used to protect guide hand when cutting**
4. Knife Cut Models: **plastic examples of the classic knife cuts**

Presentation Notes

Slide 3: Knife Grip and Hand Position

- Describe the recommended methods for gripping a knife:
Thumb over the bolster
Grip the handle
Choke up with thumb and index finger on each side of the blade
- Describe the correct position for your guide hand:
Fingers are rolled back

Slide 4: Important Points

- Choose the knife grip that is most **comfortable** for you
- Do NOT **extend** your **index** finger
- Use a **rocking** or **circular** motion with the knife
- The fingers of your guide hand should be rolled back with or without a finger guard

Slide 5: Cutting Boards and Mats

- Always use a cutting **board** or **mat**
- Cutting boards:
 - Made from **wood, plastic,** or **polypropylene**
 - Stabilize by placing a **damp kitchen** cloth or paper towel underneath so they don't move around
 - Boards with grips don't need to be stabilized

Slide 6: Cutting Boards and Mats

- Cutting mats
 - Made from **thinner** plastic or polypropylene material
 - Some have a non-slip side, if not a damp paper towel or kitchen cloth should be used to stabilize

Slide 7: Choose your Knife

- Know the cut you are going to do and choose the knife accordingly
- **Chef's Knives** are the most frequently used kitchen knife

Slide 8: Slicing

- Slicing: cuts that make **large thin pieces** of a food
- Knives used:
 - **Chef's Knife**
 - **Slicing Knife**
 - **Serrated Knife**

Slide 9: Examples of Slices

- **Chiffonade**: fine ribbon-like pieces of leafy vegetables or herbs
- **Rondelle** or **round**: disk-like pieces from cylindrical fruit or vegetables
- **Diagonal cut**: an oval or oblong slice from cylindrical fruit or vegetables
- **Roll cut** or **oblique cut**: wedge-shaped pieces made by making a diagonal cut, then rolling the item 180 degrees and making another diagonal cut

Slide 11: Chopping and Mincing

- Chopping: food is cut into **small even** pieces
- Mincing: food is cut into **very small** pieces

Slide 12: Classic Cuts

- Julienne: **1/8** x **1/8** x **2**-inch matchstick shapes
- Batonnet: **1/4**-inch matchstick cuts
- Dice: even sided cubes
 - Large: **3/4**-inch
 - Medium: **1/2**-inch
 - Small: **1/4**-inch
 - Brunoise: **1/8**-inch (very small)
- Tourne: **football**-shaped cut

Slide 14: Why so many different cuts?

- Reasons for cutting food in specific sizes and shapes
 - **Cooking Time**: Uniformity of size and shape means uniform cooking time
 - **Presentation**: Even sizes and shapes look attractive and professional

Slide 15: Why so many different cuts?

- Knowing the different cuts and when to use them will improve your culinary skills
- Using the techniques you have learned will keep you safe and efficient when preparing food for yourself and for others

Lesson 3 – Knife Cuts

LEARN: Hands-on Practice

20-30 minutes

Purpose:

Participants will work with materials to practice the skills of holding knives and producing knife cuts.

Materials:

- Knife Skills Kits
- Knives
- *Knife Cuts Practice Sheet*

Facilitation Steps:

1. Before class prepare demonstration materials and samples of knife cuts from modeling clay or actual food.
2. Use the *Knife Cuts Practice Sheet* as a guide and demonstrate the techniques to the participants.
3. Group participants with Knife Skills Kits and assign work areas.
4. Allow work time.
5. Have participants evaluate their own work, their classmates' work, or you can evaluate.

Name: _____ Class: _____

Knife Cuts Practice Sheet

Define each knife cut. Using the *Knife Skills Kit*, the correct knife, and modeling clay or food items (potato, carrot, sweet potato, etc.), practice the cuts listed below. Provide a minimum of 5 pieces for each example.

Knife Cut	Description	Sample cuts
Rondelle or Round cut		
Diagonal cut		
Roll cut or Oblique cut		
Julienne		
Batonnet		

Culinary Knife Skills Curriculum

Large Dice		
Medium Dice		
Small Dice		
Brunoise		
Tourne		

Lesson 3 – Knife Cuts

REVIEW: Assessment

20-30 minutes

Purpose:

This activity assesses participant knowledge about the knife skills information presented in this curriculum.

Materials:

- *Knife Skills Post Assessment*
- *Knife Skills Post Assessment – Answer Key*

Facilitation Steps:

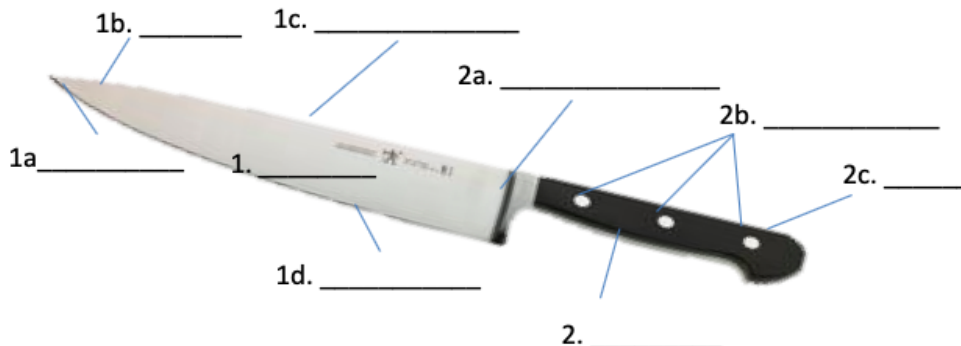
1. Distribute *Knife Skills Post Assessment* and allow 30 minutes for completion.

Name: _____ Class: _____

Knife Skills Post Assessment

Directions: Place the letter of the knife part in the correct blank on the diagram.

- | | | |
|------------|-----------------|----------|
| A. Tip | D. Handle | G. Tang |
| B. Blade | E. Cutting Edge | H. Spine |
| C. Bolster | F. Rivets | I. Point |



Directions: Identify the parts of the knife by matching the names and descriptions.

- | | | |
|------------|-----------------|----------|
| J. Tip | M. Handle | P. Tang |
| K. Blade | N. Cutting Edge | Q. Spine |
| L. Bolster | O. Rivets | |

3. ____ Made of plastic, wood, or metal, it should be comfortable in your hand.
4. ____ The part of the blade that extends into the handle.
5. ____ The metal fasteners that hold the handle in place.
6. ____ The sharp edge of the knife that extends from the tip to the heel
7. ____ The non-cutting edge of the blade.
8. ____ The part of the knife where the blade meets the handle.
9. ____ This part is stamped or forged from a solid piece of stainless steel or carbon steel.
10. ____ This part is used for detailed cutting or trimming.

Directions: Match the type of knife and the correct description.

- | | |
|-------------------------|---|
| 11. ____ Cleaver | R. 8-14-inch curved blade. The most important knife in the kitchen. |
| 12. ____ Chef's knife | S. 5-7 inch flexible or rigid blade. Used for fish and poultry. |
| 13. ____ Slicing knife | T. Heavy rectangular blade. Can chop through bones. |
| 14. ____ Paring knife | U. 2-4-inch blade used for small cutting tasks |
| 15. ____ Boning knife | V. Long thin blade up to 14 inches long. |
| 16. ____ Serrated knife | W. The blade has indented sides to keep food from sticking to it. |
| 17. ____ Santoku knife | X. Saw like blade for slicing foods. |

18. What is the purpose of honing a knife?
19. Describe the proper storage of knives and give 2 reasons why proper storage is important.
20. Yes No It is ok to place a knife in a sink of soapy water if you are the only person in the kitchen.
21. Yes No Keeping knives a little dull will reduce the chance of getting cut.
22. Yes No If you are passing a knife to someone else, you should place it on the counter with the handle toward them instead of putting it in their hand.
23. Yes No Always cut away from yourself.

Directions: Write the letter of the best answer in the blank.

24. ____ Why is it important to cut foods uniformly?
- a. For safety and sanitation
 - b. For ease of eating
 - c. For even and accurate cooking time
25. ____ Using a proper knife grip will ____.
- a. Keep the cutting board in place
 - b. Prevent fatigue
 - c. Improve the appearance of the food.
26. ____ Cutting on a cutting board or cutting matt ____.
- a. Keeps the work area clean
 - b. Protects the work area
 - c. Keeps knives sharp
 - d. All of the above
27. ____ When properly gripping a knife, the index finger should not extend over the blade. Why?
- a. Extending the index finger causes instability of the knife and can cause fatigue.
 - b. Makes the knife too long and flexible
 - c. Puts too much pressure on the knife blade.
28. What is the purpose of placing a damp kitchen towel under the cutting board?

Culinary Knife Skills Curriculum

Match the cut with the description.

29. ____ Chiffonade

30. ____ Mince

31. ____ Dice

32. ____ Brunoise

33. ____ Batonnet

34. ____ Tourne

35. ____ Julienne

36. ____ Rondelle

37. ____ Diagonal cut

38. ____ Oblique Cut

Y. Cutting a cylinder-shaped object that results in oval or oblong slices.

Z. Cutting that results in circular disk-shaped slices.

AA. A football shaped cut

BB. Cutting into fine ribbon like strips.

CC. Wedge shaped pieces

DD. Food is cut into very small pieces.

EE. Even $\frac{1}{4}$ inch x 2-inch pieces

FF. Even $\frac{1}{8}$ inch x 2-inch pieces

GG. Even sided cubes

HH. Very small even sided cubes

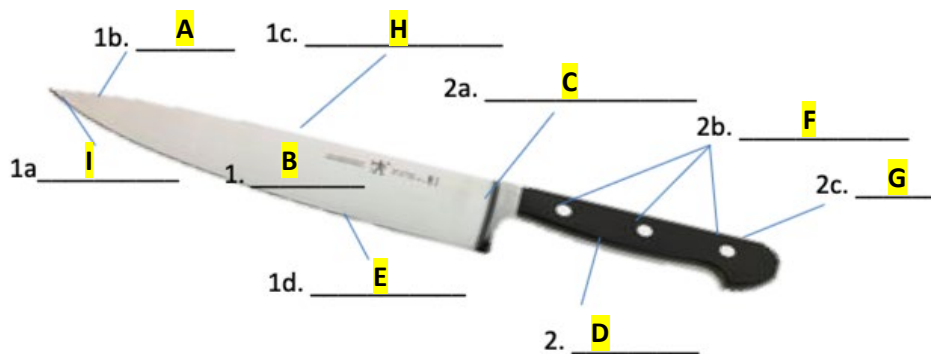
Draw each of the cuts listed above and name a food that would be cut in this way.

Chiffonade	Mince	Dice	Brunoise	Batonnet
Ex:	Ex:	Ex:	Ex:	Ex:
Tourne	Julienne	Rondelle	Diagonal	Oblique
Ex:	Ex:	Ex:	Ex:	Ex:

Knife Skills Post Assessment – Answer Key

Directions: Place the letter of the knife part in the correct blank on the diagram.

- | | | |
|------------|-----------------|----------|
| A. Tip | D. Handle | G. Tang |
| B. Blade | E. Cutting Edge | H. Spine |
| C. Bolster | F. Rivets | I. Point |



Directions: Identify the parts of the knife by matching the names and descriptions.

- | | | |
|------------|-----------------|----------|
| J. Tip | M. Handle | P. Tang |
| K. Blade | N. Cutting Edge | Q. Spine |
| L. Bolster | O. Rivets | |

- M** Made of plastic, wood, or metal, it should be comfortable in your hand
- P** The part of the blade that extends into the handle
- O** The metal fasteners that hold the handle in place
- N** The sharp edge of the knife that extends from the tip to the heel
- Q** The non-cutting edge of the blade
- L** The part of the knife where the blade meets the handle
- K** This part is stamped or forged from a solid piece of stainless steel or carbon steel
- J** This part is used for detailed cutting or trimming

Directions: Match the type of knife and the correct description.

- | | |
|-----------------------------|---|
| 11. T Cleaver | R. 8-14-inch curved blade. The most important knife in the kitchen. |
| 12. R Chef's knife | S. 5-7-inch flexible or rigid blade. Used for fish and poultry. |
| 13. V Slicing knife | T. Heavy rectangular blade. Can chop through bones. |
| 14. U Paring knife | U. 2-4-inch blade used for small cutting tasks |
| 15. S Boning knife | V. Long thin blade up to 14 inches long. |
| 16. X Serrated knife | W. The blade has indented sides to keep food from sticking to it. |
| 17. W Santoku knife | X. Saw like blade for slicing foods. |

18. What is the purpose of honing a knife?

To smooth the edge as it becomes worn from use. Keeps knife sharp.

19. Describe the proper storage of knives and give 2 reasons why proper storage is important.

Knives should be stored in a tray, a knife rack, a knife block, or a sheath. This is for safety and to keep the knives sharp.

20. Yes **No** It is ok to place a knife in a sink of soapy water if you are the only person in the kitchen.

21. Yes **No** Keeping knives a little dull will reduce the chance of getting cut.

22. **Yes** No If you are passing a knife to someone else, you should place it on the counter with the handle toward them instead of putting it in their hand.

23. **Yes** No Always cut away from yourself.

Directions: Write the letter of the best answer in the blank.

24. **c** Why is it important to cut foods uniformly?

- a. For safety and sanitation
- b. For ease of eating
- c. For even and accurate cooking time

25. **b** Using a proper knife grip will _____.

- a. Keep the cutting board in place
- b. Prevent fatigue
- c. Improve the appearance of the food

26. **d** Cutting on a cutting board or cutting matt _____.

- a. Keeps the work area clean
- b. Protects the work area
- c. Keeps knives sharp
- d. All of the above

27. **a** When properly gripping a knife, the index finger should not extend over the blade. Why?

- a. Extending the index finger causes instability of the knife and can cause fatigue
- b. Makes the knife too long and flexible
- c. Puts too much pressure on the knife blade

28. What is the purpose of placing a damp kitchen towel under the cutting board?

A damp kitchen towel or paper towel stabilizes the cutting board and prevents it from moving while cutting

Culinary Knife Skills Curriculum

Match the cut with the description.

29. **BB** Chiffonade

30. **DD** Mince

31. **GG** Dice

32. **HH** Brunoise

33. **EE** Batonnet

34. **AA** Tourne

35. **FF** Julienne

36. **Z** Rondelle

37. **Y** Diagonal cut

38. **CC** Oblique cut

Y. Cutting a cylinder-shaped object that results in oval or oblong slices.

Z. Cutting that results in circular disk-shaped slices.

AA. A football shaped cut

BB. Cutting into fine ribbon like strips

CC. Wedge shaped pieces

DD. Food is cut into very small pieces.

EE. Even $\frac{1}{4}$ inch x 2-inch pieces

FF. Even $\frac{1}{8}$ inch x 2-inch pieces

GG. Even sided cubes

HH. Very small even sided cubes

Draw each of the cuts listed above and name a food that would be cut in this way.

Chiffonade	Mince	Dice	Brunoise	Batonnet
Ex: Herbs	Ex: Onion and garlic	Ex: Many options	Ex: Many options	Ex: Many options
Tourne	Julienne	Rondelle	Diagonal	Oblique
Ex: Potato, carrot, etc.	Ex: Many options	Ex: Many options	Ex: Many options	Ex: Many options

Sources

1. Bence, D., & Largen, V. (2016). Guide to Good Food. Goodheart-Wilcox Publisher.
(2015). Retrieved from [https://www.youtube.com/watch?v=WU3x7DX6Ueg\(honing\)](https://www.youtube.com/watch?v=WU3x7DX6Ueg(honing))
2. LeCordon Bleu. (2018). Retrieved from
[https://www.youtube.com/watch?v=WU3x7DX6Ueg\(honing\)](https://www.youtube.com/watch?v=WU3x7DX6Ueg(honing))
3. Guggenmos, K., & McVety, P. (2016). Culinary Essentials, Student Edition. Columbus Ohio USA: McGraw-Hill Education.
4. Nutter, A., & Santos, M. (2018). Foundations of Restaurant Management and Culinary Arts. Chicago Illinois USA: National Restaurant Association.
5. Images:
 - Retrieved from
<https://www.google.com/url?sa=i&source=images&cd=&ved=2ahUKEwjgn9a88fHjAhXJup4KHZNuBIEQjRx>
 - Retrieved from
https://www.google.com/imgres?imgurl=https%3A%2F%2Flive.staticflickr.com%2F1174%2F5157062745_ac
 - Retrieved from
https://www.google.com/imgres?imgurl=https%3A%2F%2Flive.staticflickr.com%2F1174%2F5157062745_ac
 - Retrieved from
https://www.google.com/search?as_st=y&hl=en&tbs=sur:fmc&tbm=isch&q=basic+knife+cuts+chart&chips=q
 - Retrieved from <https://www.google.com/search?biw=1115&bih=619&tbm=isch&sa=1&ei=E-4vXZjbKtOv->
 - Retrieved from
<https://www.google.com/url?sa=i&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiUlo mt17zjAhWKj1Q>
 - Retrieved from
<https://www.google.com/url?sa=i&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiUlo mt17zjAhWKj1Q>
 - Retrieved from <https://pixabay.com/photos/boning-knife-sabatier-kitchen-food-4101445/>
 - Retrieved from <https://www.flickr.com/photos/startcooking/193662863>
 - Retrieved from <https://www.istockphoto.com/photos/kitchen->
 - Retrieved from <https://www.istockphoto.com/photos/kitchen->
 - Retrieved from <https://abeon-hosting.com/pic/get>