



Knife Cuts

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Knife Grip and Hand Position

- Watch as this chef demonstrates and explains the proper technique for gripping a knife and positioning your guide hand
- <https://www.youtube.com/watch?v=20gwf7YttQM>

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

Cutting Boards and Mats

- Always use a cutting board or mat
- Cutting boards
 - Made from wood, plastic, or polypropylene
 - Stabilized 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

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

Choose your Knife

- Know the cut you are going to make and choose the knife accordingly
- Chef's knives are the most frequently used kitchen knife

Slicing

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



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

Examples of Slices

Chiffonade



Rondelle or Round



Diagonal Cut



Roll Cut or Oblique Cut



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Chopping and Mincing

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



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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

Classic Cut Examples

Julienne



Batonnet



Dice



Tourne



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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

Why so many different cuts?

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

Activity

- Using the modeling clay and the appropriate knives, practice the knife cuts listed on the *Knife Cuts Practice Sheet*
- Use the 3-d models as examples

Or

- Practice the cuts with potatoes, carrots, sweet potatoes, etc

For more information please contact Realityworks, Inc.
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