SAFETY KNIFE SKILLS

1. How can you keep your cutting board from slipping on the countertop?

2. What is the proper way to hold a cook’s knife?

3. What is the difference between a sharpening steel and a honing steel?

Review:

After watching a segment of Knife Skills, answer the following questions.
EQUIPMENT KNIFE TYPES

1. What are the three types of knives that are most important to have in your kitchen? ______________________________
   ___________________________________________________________________________________________
   ___________________________________________________________________________________________
   ___________________________________________________________________________________________

2. What foods are serrated knives used to cut? _______________________________________________________
   ___________________________________________________________________________________________
   ___________________________________________________________________________________________
   ___________________________________________________________________________________________

3. If you only have one knife in your kitchen, which knife does Chef Marshall recommend? ___________________*
   ___________________________________________________________________________________________

CUTTING METHODS FOR FRUITS & VEGETABLES

1. Define the following terms:

   Slice: ___________________________________________________________________________________
   Dice: ____________________________________________________________________________________
   Chop: ____________________________________________________________________________________

2. How is a “slice” different from a “draw”? _______________________________________________________
   ___________________________________________________________________________________________
   ___________________________________________________________________________________________
   ___________________________________________________________________________________________
3. What should your non-knife hand look like? ________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

4. How can you quickly remove the peel from a kiwifruit? ________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

CUTTING METHODS FOR MEAT

1. How do you skin a whole fish filet? ________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

2. Why might you cut your roast into steaks or cut a whole chicken into pieces?
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

USING THE BLENDER AND FOOD PROCESSOR

1. When might you choose to use a food processor instead of a knife? ____________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
2. What blades come with a food processor? What kind of cuts can these blades make?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

3. What is the difference between a blender and a food processor?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________
SAFETY KNIFE SKILLS

1. How can you keep your cutting board from slipping on the countertop? ____________________________________________________________________________

   Place a damp piece of paper towel or cloth underneath the cutting board to help anchor it to the countertop.

   ____________________________________________________________

2. What is the proper way to hold a cook’s knife? ____________________________________________________________

   Your hand should be “choked” up on the handle and blade rather than just grasping the handle.

   ____________________________________________________________

3. What is the difference between a sharpening steel and a honing steel? ________________________________________________

   A sharpening steel sharpens a knife and a honing steel helps keep a sharp knife sharp.

   ____________________________________________________________

Review:

After watching a segment of Knife Skills, answer the following questions.
EQUIPMENT KNIFE TYPES

1. What are the three types of knives that are most important to have in your kitchen? __________________________________________

   *Cook’s knife (also called a chef’s knife or French knife)*

   __________

   *Serrated knife*

   __________

   *Utility knife (also called a paring knife)*

   __________

2. What foods are serrated knives used to cut? __________________________________________

   *Foods that is firm on the outside and soft on the inside such as tomatoes and bread.*

   __________

3. If you only have one knife in your kitchen, which knife does Chef Marshall recommend? __________________________________________

   *The cook’s knife (chef’s knife or French knife)*

   __________

CUTTING METHODS FOR FRUITS & VEGETABLES

1. Define the following terms:

   *Slice:* __________ to cut into thin pieces or sections

   *Dice:* __________ to cut into cubes

   *Chop:* __________ to cut into irregular pieces

2. How is a “slice” different from a “draw”? __________________________________________

   *A slice is when the knife is making a rocking motion with a chef’s knife where you push the knife away from you. The guiding hand pushes the food toward the knife. A draw is when you have the knife out away from you and you pull the knife towards you to cut.*
3. What should your non-knife hand look like?

Your fingers on your non-knife had should be tucked in to prevent cuts. Your hand should hold the food to help stabilize it when cutting.

4. How can you quickly remove the peel from a kiwifruit?

Cut the ends off the kiwi. Place kiwi on it’s side on the cutting board and run the knife parallel to the cutting board while rolling the fruit.

CUTTING METHODS FOR MEAT

1. How do you skin a whole fish filet?

Use a flexible filet knife, slip blade between skin and meat to cut slightly into the filet. Take a paper towel and grab the end of the filet. Pull the filet while guiding the knife parallel to the cutting board, down the length of the fish. Discard the skin and cut the filet into portions about the width of your hand.

2. Why might you cut your roast into steaks or cut a whole chicken into pieces?

Cutting your own steaks or breaking down a whole chicken into pieces can save a few dollars. When steaks and chicken pieces are purchased individually at the butcher counter or prepack-aged, you’re paying for convenience.

USING THE BLENDER AND FOOD PROCESSOR

1. When might you choose to use a food processor instead of a knife?

Answers may vary, but could include the following points:

• Quick way to cut up fruits and vegetables

• More consistency in slices or shreds

• May be safer than a knife since the cutting happens in a closed container
2. What blades come with a food processor? What kind of cuts can these blades make? 

- Slicing blade can slice or shred
- Chopping blade (or “s” blade) can chop or mince

3. What is the difference between a blender and a food processor?

- A blender is used to blend or mix soft foods or liquids. A food processor chops, shreds, grates, slices, or mixes hard or soft foods.