

KNIFE SKILLS



Blue Mountains Food Services
Cook + Connect
Building skills for life

Learning how to use a knife correctly is essential to keeping you safe in the kitchen. Not only is it important to keep knives clean and sharp, but learning how to properly cut foods can prevent accidents.



CLEANING KNIVES

To clean your knives, use hot water and dish-washing soap, making sure the sharp end is pointing away from your body and that you keep your fingers away from the blade.

Never leave your knives in the sink! Once you have washed your knife, put it away in a safe place.



CUTTING TECHNIQUES

There are several different ways you can use a knife to prepare food, and each technique can help make cooking a much easier, and safer, task.

CUT #1 The Slice

- Create a flat, stable surface for your food to rest on by slicing it in half or slicing off a thin section of its face.
- Hold the food steady with your non-knife hand, curling your fingers into a claw and tucking your knuckles underneath.
- Hold the tip of the blade against the cutting board with the knife angled upwards, the flat side resting against your knuckles.
- With the tip of the blade in constant contact with the cutting board, pull the knife backwards slightly until the blade slices into the food.





CUT #2 The Chop

- Create a flat, stable surface for your food to rest on by slicing it in half or slicing off a thin section of its face.
- Hold the food steady with your non-knife hand, curling your fingers into a claw and tucking your knuckles underneath.
- Hold the flat side of your knife blade against your knuckles, with the entire knife lifted above the cutting board.
- Press downward in a smooth, even stroke, shifting the knife forward slightly as you go.
- Lift the blade back up and repeat.



CUT #3 The Dice

- Create a flat, stable surface for your food to rest on by slicing it in half or slicing off a thin section of its face.
- Hold the food steady with your non-knife hand, curling your fingers into a claw and tucking your knuckles underneath.
- Cut each piece across in equal sizes.
- Then, cut those pieces across into equal-sized dice.
- For a small dice, repeat that process, but make smaller cuts.

