

QUICK REFERENCE KNIFE SKILLS



The Pinch Grip

Thumb and index finger **pinch** the top of the blade.

The other fingers **grip** the handle.



The Claw

Curl your hand into a claw with the fingertips pressing down to stop ingredients slipping.

The hand then moves backwards in even steps as you slice.

To be used when the ingredient is stable, with a flat edge.



The Bridge

Grip both sides of the food, between your thumb and fingers so that it can't roll or slip.

Think of the knife as a train going into the bridge, then cutting down through the food.

This is used for cutting round and wobbly foods.

ADULT KNIFE SKILLS



The Cook's Knife Grip

Used by most chefs, the thumb and index finger pinch the top of the blade while the palm of the hand sits on top and the other fingers grip the handle.

The grip should be comfortable so don't hold the handle too tight: relax hands & wrists and let the blade do the cutting.

Knife Tips

Use the right knife for the right job.

A chef's knife for chopping, dicing and slicing.

A serrated knife to cut bread or tough skins.

Always use sharp knives. A blunt knife is more dangerous than a sharp one, as you'll need to put more pressure down on the blade, so you're more likely to slip.

Place a damp cloth underneath the board, this will help stop it from slipping around.

Keep your chopping board clean and tidy. Have a bowl nearby to discard rubbish.



ADULT KNIFE SKILLS - GRIPPING



The Bridge

Grip both sides of the food, between your thumb and fingers so that it can't roll or slip.

Think of the knife as a train going under the bridge, then cutting down through the food.

This is used for cutting round and wobbly foods.

The Claw

The safest position for your helping hand is for the fingers to be curled in a claw with the tips pressing down on the ingredient to keep it from slipping. The hand should then move in even steps as you slice.

Create a claw, grip the food & tip the hand, then cut.

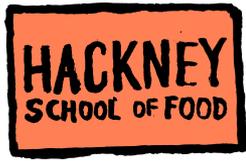
To be used when the ingredient is stable, with a flat edge.

Side View



Top View





ADULT KNIFE SKILLS - CHOPPING



The Cross Chop

A simple method for finely chopping ingredients.

Hold the knife firmly in one hand, place the tip of the knife on the board and place the fingers of your other hand firmly on the top edge of the blade.

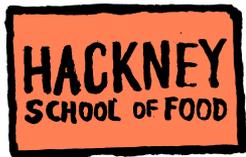
Keeping the tip of the knife on the board, raise and lower the handle of the knife like a guillotine, so it chops whatever is underneath.

The Rock Chop

The trick is to create a controlled rocking motion with the blade.

The knife always remains in contact with the board, in a down and forwards motion, starting from the tip down to the heel of the knife. And then Repeating





CRUDITÉS AND DIPS

INGREDIENTS

<u>CRUDITÉS</u>	<u>TZATZIKI</u>
Carrots	1/2 Cucumber
Yellow Pepper	2 TBS Yoghurt
Candy Beetroot	1 Sprig Mint
Radish	½ Lemon
Sprouting Broccoli	

- 1) Peel the carrot & candy beetroot.
Using the **bridge & claw** techniques take each vegetable in turn and to slice into batons.
- 2) To make the tzatziki dip - grate the cucumber & garlic into a bowl.
Squeeze over lemon juice add a pinch of salt and mix.
Add in the yoghurt, then rip the mint leaves into the bowl, mix all together.
Serve with your favourite crudites selection