



ECC Wellness:

Knife Skills Demo

Thursday, November 7
2 - 3 p.m.

CHOOSING A GOOD KNIFE

Many different factors need to be considered when making a purchase.

- Price - single knives can be from \$10-\$500. What is right for you
- Feel - weight and balance are particularly important if you use it frequently. COY knife
- Steel - forged vs stamped, different types of steel.
- Proper knife proper job - geometry of the knife, all designed to do different jobs effectively.

SHARPENING AND HONING

- Oil stone
- Whet stone
- Steel

WHY CONSISTENCY IS SO IMPORTANT

Consistency of knife cuts plays a huge role in how the food will cook.

- Thin and wide cooks fast
- More or less surface area will determine time till done.
- Different products cook at different rates- potatoes from raw to mush in minutes.
- Visual - food that looks good tends to taste better

DEMONSTRATION OF CUTS

- Square and show julienne dice progression
- Dice/paysanne green and red pepper- demonstrate fillet
- Thin slice chicken against grain
- Mince ginger, garlic, cilantro- rock and chop
- Broccoli florets
- Julienne onion

STIR-FRY ITEMS

- Have rice cooked

TERMS

- **sear** - caramelize in a very hot pan with little fat. Product should have a charred outside and raw center.
- **sauté** - meaning 'to jump' in French, sautéing is cooking food in a minimal amount of oil over a rather high heat.
- **cut** - precise shape and size
- **chop** - consistent shape and size
- **dice** - the exact measurement changes but the shape is always a small square.
- **slice** - typically used to describe meat fabrication. Uses the whole length of the blade.
- **mince** - to cut extremely small to ensure subtle flavor from ingredient
- **julienne** - a knife skill cut where the shape resembles matchsticks.

STIR-FRY

- 1 c protein of choice
- 1 c vegetables of choice
- 1 T minced garlic
- 1 T minced ginger
- 1 t sesame oil
- 1 c broth
- 1 T corn starch
- 1 T low sodium soy sauce

Mise en place all ingredients.

Heat sesame oil in sauté pan or wok. Cook protein first for 2 minutes on highest heat and remove from the pan and reserve.

On moderate heat add vegetables and cook for 3-5 min. add ginger and garlic and cook until translucent.

Mix the three remaining ingredients and add to pan. Allow to cook until thick.

Serve over jasmine rice.

RULES FOR SAFETY

1. Securely hold knife.
2. Anchor cutting boards.
3. Fingertips back.
4. Eyes on the knife.
5. Take your time.
6. Yield to falling knives.

Culinary Cuts Cheat Sheet



Fine Brunoise
 $1/16'' \times 1/16'' \times 1/16''$



Fine Julienne
 $1/16'' \times 1/16'' \times 2''$



Brunoise
 $1/8'' \times 1/8'' \times 1/8''$



Julienne
 $1/8'' \times 1/8'' \times 2''$



Small Dice
 $1/4'' \times 1/4'' \times 1/4''$



Batonnet
 $1/4'' \times 1/4'' \times 2''$



Medium Dice
 $1/2'' \times 1/2'' \times 1/2''$



Medium Stick
 $1/2'' \times 1/2'' \times 2''$



Large Dice
 $3/4'' \times 3/4'' \times 3/4''$



Rondelle
 $1/2'' \times 1/2'' \times 2''$