

**Title:**

Chop Till You Drop

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332

**Summary:**

You use it everyday in the Kitchen. If not looked after, it can make you sick - And yet you probably never give it a second thought.....

The Chopping Board.....

**Keywords:**

chopping board, cutting board, knife, cutting, food, re

**Article Body:**

You use it everyday in the Kitchen. If not looked after it can make you sick - And yet you probably never give it a second thought.

The Chopping Board is a large board you use in the kitchen for chopping, cutting and preparing food on.

When purchasing a new board, there are heaps of options to choose from - timber, glass, marble, plastic. And it can be a confusing choice.

Glass and Marble type cutting boards may look good but they play havoc on your knives. The hard surface will quickly blunt your knife and damage it's edge.

So, keep your glass and marble boards for serving food only.

When it comes to wooden and plastic boards, even the experts are divided as to which is best. It comes down to personal preference. And mine is... wooden.

Wooden boards are generally heavier and less inclined to slip. They are also more attractive and can be used to serve food at the table.

Where as plastic boards are lighter, come in various colors and are dishwasher safe.

Whichever type you choose, it is imperative you clean it well. Harmful bacteria can breed on your board and cause dreadful food poisoning.

So ... be sure to scrub your board well after each use, with hot water and detergent. Then allow it to stand and drip dry. Your board should be completely dry before using again.

It's a good idea to have more than one board, to avoid cross contamination. Have one for raw meat and one for other foods.

Or take it to the extreme and do what the professionals do. Use 5 different colored boards:-

Red - Raw Meats  
Yellow - Poultry  
Blue - Seafood  
Green - Fruit and Vegetables  
White - General

So, if your board is starting to look a bit worse for wear, then it is probably time for a new one. And now you will be well informed to choose the right one for you.

Happy Cooking  
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