

BASIC KNIFE SKILLS AND CUTTING TECHNIQUES

PART - 1

TOPICS

- 1) Parts of knife**
- 2) Different types of Knives**
- 3) Holding knife and hand posture**
- 4) Why different types of knives are needed**
- 5) Knife safety**

PARTS OF KNIFE



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DIFFERENT TYPES OF KNIFE

PARING KNIFE



UTILITY KNIFE



STEAK KNIFE



SANTOKU



CHEF KNIFE



BREAD KNIFE



BONING KNIFE



FILLET KNIFE



CARVING KNIFE



SLICING KNIFE



CLEAVER



HONING STEEL



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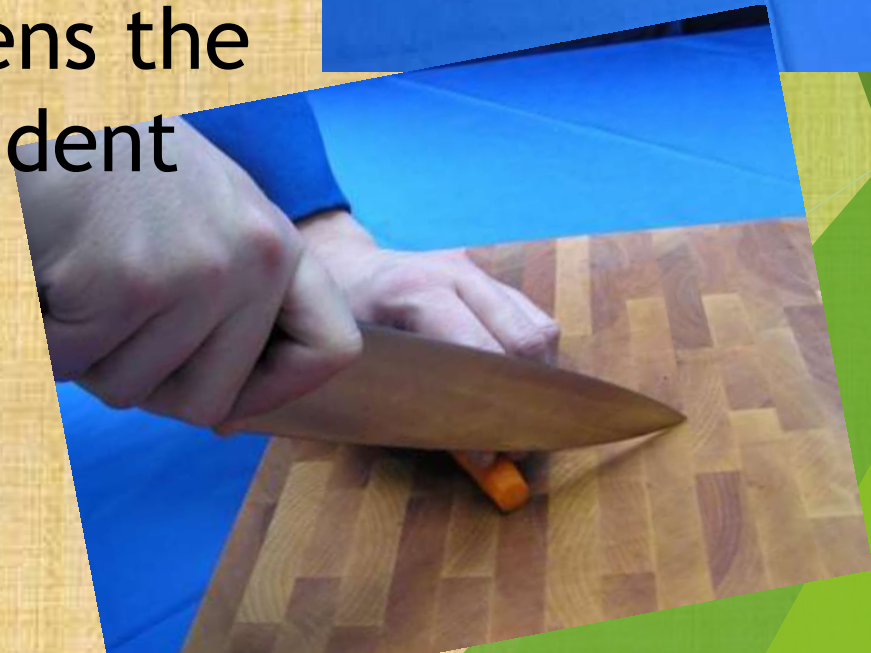
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HOLDING KNIFE AND HAND POSTURE



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The Grip - gives you maximum control over the knife. The proper grip increases your cutting accuracy and speed, it prevents slipping, lessens the chance of accident



WHY DIFFERENT KNIVES ARE NEEDED

It is simple as that: Cutting different types of food requires different types of knives

- ▶ **In order to cut small vegetable and fruit a small knife is to be favored.**
- ▶ **For slicing bread, ripe tomatoes or a crispy toast, a knife with a wavy or serrated edge is the right tool.**
- ▶ **A long and straightedge is ideal for carving.**
- ▶ **Chef's knife is the most important tool in a kitchen is ideal for all food preparations including mincing, dicing and slicing. It is the manual food processor.**

There is no one universal knife that can be used for the multitude of cutting tasks. The enjoyment of gourmet food begins with the preparation and the right tool

KNIFE SAFETY



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Preventing cuts

- Keep knives sharp
- Use cutting board
- Pay attention
- Cut away from yourself and Others
- Use knives only cutting
- Don't catch a falling knife
- Don't Leave a knives in a sink or in the pots or pans and under the vegetable trimmings/skins.
- Clean knives carefully with sharp edge away from you.
- Store knives in a specified safe area(not in drawers or under the tables)
- Carry a knife properly
 - Hold it beside you, point down, sharp edge back and away from you
 - Don't swing your arm
 - Let people know you are walking past them with a knife.



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PART - 2

Topics

- ▶ **Different types of cuttings of vegetables and fruits**
- ▶ **Sizes of particular cuttings**
- ▶ **Procedure to cut the different cuttings**



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CUTS OF VEGETABLE

- ▶ Vegetables are cut into various size and shapes for various cooking purposes, creating different textures, tastes and mouth feel. Different cuts would differ from one to another all of them will create a different flavor.





CUTS OF VEGETABLE

- ▶ **Dice**
- ▶ **Batonnet**
- ▶ **Julienne**
- ▶ **Jardinière**
- ▶ **Macedoine**
- ▶ **Brunoise**
- ▶ **Lozenge / Diamond**
- ▶ **Slicing or Roundelle**
- ▶ **Paring**
- ▶ **Chiffonade**
- ▶ **Paysanne**
- ▶ **Allumette**
- ▶ **Wedges**
- ▶ **Mirepoix**
- ▶ **Tourne**
- ▶ **Fluting**
- ▶ **Mincing**
- ▶ **Chopping**
- ▶ **Parisienne**
- ▶ **Segment**
- ▶ **Fermiere**
- ▶ **Florets**



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SLICING / ROUNDELLE

- ▶ **Slicing is the cutting of food into thin, relatively broad slices. Slices may be used as they are or processed further to produce other specialty cuts such as chiffonade, Roundelle's and lozenges.**





BATONNET

- ▶ **Pronunciation: bah-tow-NAY**
- ▶ **peel and wash the vegetable, then regularize its shape into a rectangle or square by topping and tailing it and squaring off the sides.**
- ▶ **Then cut it into 6 cm (2.5 inch) long pieces.**
- ▶ **then cut each of those pieces into 6mm (1/4th) thick slices.**
- ▶ **Stack those slices, then cut them lengthwise into 6mm (1/4th) wide sticks.**
- ▶ **measures ½ inch × ½ inch × 2½-3 inches.**





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ALLUMETTE

- ▶ Allumette means to cut it into small, thin pieces the size of matchsticks.
- ▶ peel and wash the vegetable, then regularize its shape into a rectangle or square by topping and tailing it and squaring off the sides.
- ▶ Then cut it into 5 cm (2 inch) long pieces,
- ▶ then cut each of those pieces into 3 mm (1/8th inch) thick slices. Stack those slices,
- ▶ then cut them lengthwise into 3 mm (1/8th inch) wide sticks.





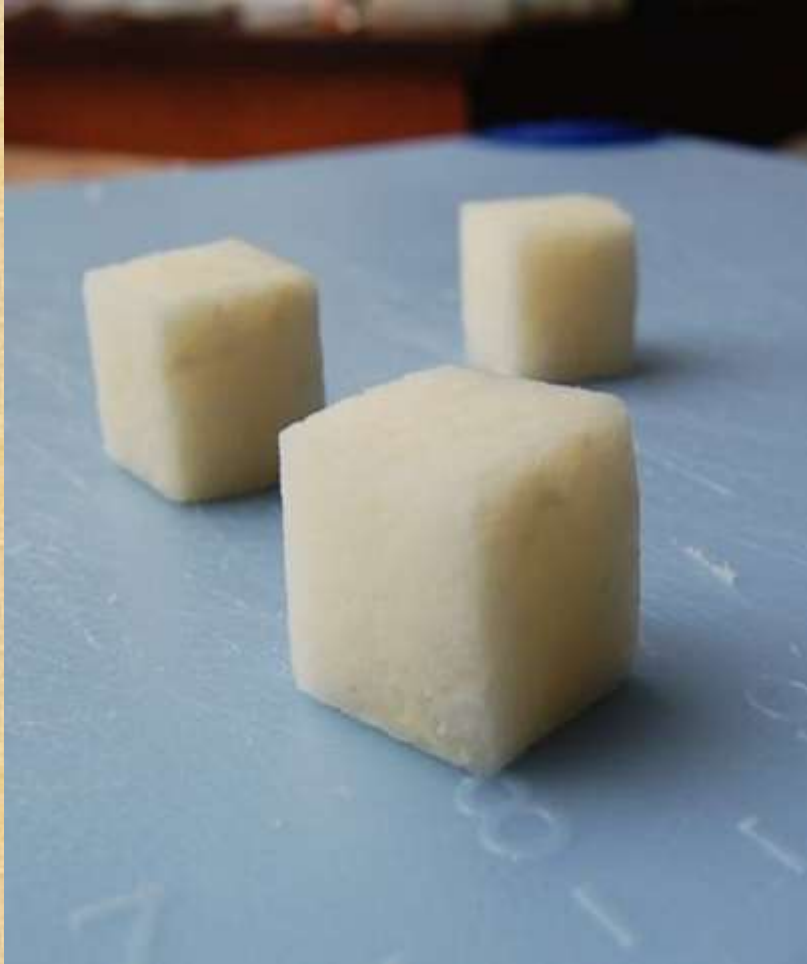
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JULIENNE

- ▶ peel and wash the vegetable, then regularize its shape into a rectangle or square by topping and tailing it and squaring off the sides.
- ▶ Then cut it into 5 cm (2 inch) long pieces,
- ▶ then cut each of those pieces into 1-2 mm thick slices. Stack those slices,
- ▶ then cut them lengthwise into 1-2 mm wide sticks.



DICE



- ▶ **LARGE DICE -**
measuring $\frac{3}{4}$ inch \times $\frac{3}{4}$ inch \times $\frac{3}{4}$ inch
- ▶ **MEDIUM DICE –**
 $\frac{1}{2}$ inch \times $\frac{1}{2}$ inch \times $\frac{1}{2}$ inch
- ▶ **SMALL DICE –**
 $\frac{1}{4}$ inch \times $\frac{1}{4}$ inch \times $\frac{1}{4}$ inch

SMALL DICE

Small dice of vegetable

- ▶ Trim the vegetable so that sides are straight, making it easier to produce even the cuts.
- ▶ Slice the vegetable length wise into $\frac{1}{4}$ inch slices using a series of parallel cuts.
- ▶ Cut each slice into batonnet shapes $\frac{1}{4}$ inch wide.
- ▶ Using a series of parallel cuts, cut the batons into $\frac{1}{4}$ inch cubes





MACEDOINE

- ▶ peel and wash the vegetable, then regularize its shape into a rectangle or square by topping and tailing it and squaring off the sides.
- ▶ Then cut it into 5 cm (2 inch) long pieces,
- ▶ then cut each of those pieces into 5 mm thick slices. Stack those slices,
- ▶ then cut them lengthwise into 5 mm wide sticks.
- ▶ Using a series of parallel cuts, cut the batons into 5mm cubes





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BRUNOISE

- ▶ peel and wash the vegetable, then regularize its shape into a rectangle or square by topping and tailing it and squaring off the sides.
- ▶ Then cut it into 5 cm (2 inch) long pieces,
- ▶ then cut each of those pieces into 3 mm (1/8th inch) thick slices. Stack those slices,
- ▶ then cut them lengthwise into 3 mm (1/8th inch) wide sticks.
- ▶ Using a series of parallel cuts, cut the batons into 1/8th inch cubes





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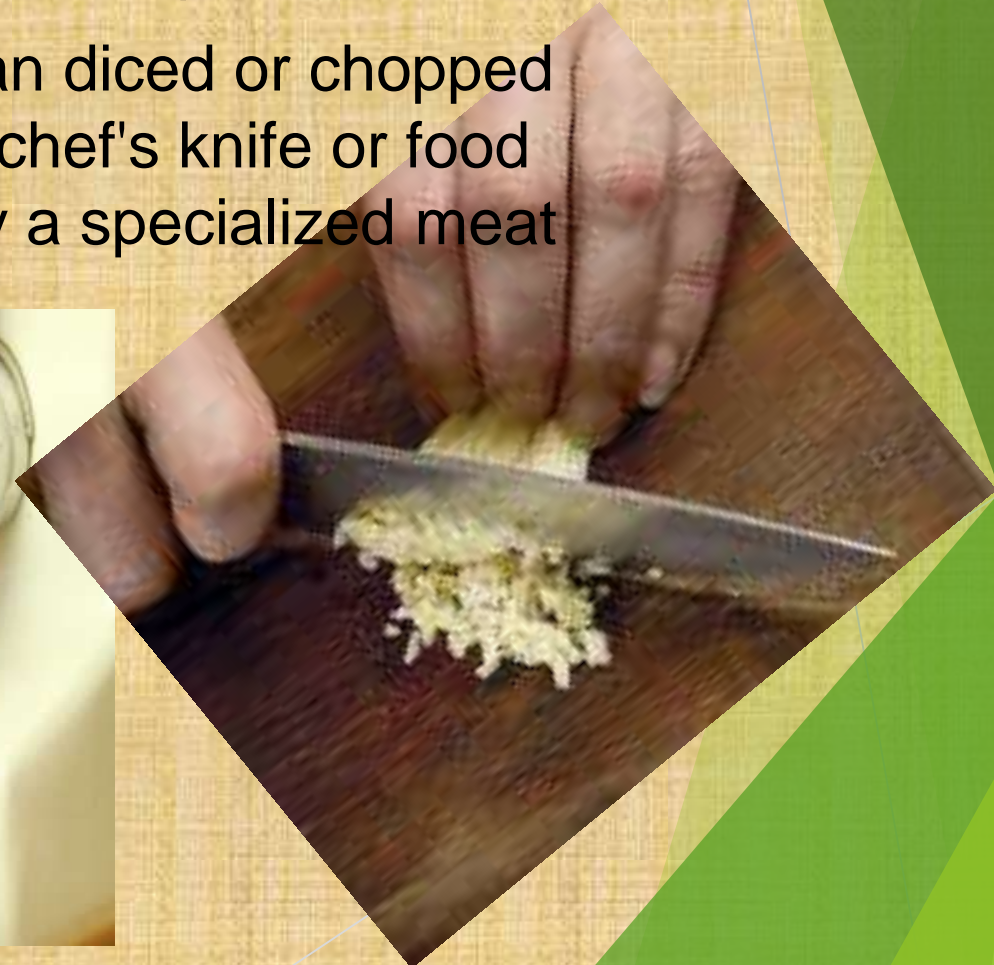
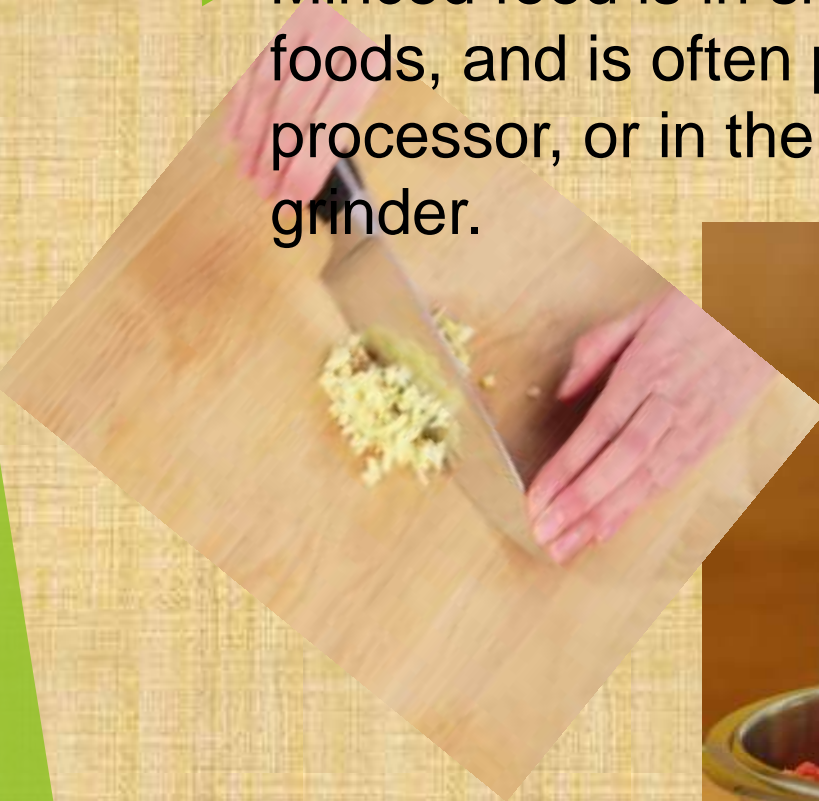
CHOPPING

- ▶ **The chopping technique is used in the cutting up of a food item when no specific shape is required.**
- ▶ **Chopping may be coarse or fine in which case it should be specified in the recipe**



MINCING

- ▶ Mincing is a food preparation technique in which food ingredients are finely divided into uniform pieces.
- ▶ Minced food is in smaller pieces than diced or chopped foods, and is often prepared with a chef's knife or food processor, or in the case of meat by a specialized meat grinder.





PAYSANNE

- ▶ peel and wash the vegetable, then regularize its shape into a rectangle or square by topping and tailing it and squaring off the sides.
- ▶ Then cut it into 6 cm long pieces,
- ▶ then cut each of those pieces into 12 mm thick slices. Stack those slices,
- ▶ then cut them lengthwise into 12 mm wide sticks.
- ▶ Using a series of parallel cuts, cut the batons into 4 mm cubes





LOZENGE / DIAMOND CUTS

- ▶ peel and wash the vegetable,
- ▶ Cut thin slices about $\frac{1}{4}$ inch thick
- ▶ Cut these slices into $\frac{1}{2}$ inch wide strips
- ▶ Holding knife at an angle to the strips, make a parallel cuts that produce a diamond shape





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CHIFFONADE

- ▶ It is a slicing technique in which herbs or leafy green vegetables (such as spinach and Basil) are cut into long, thin strips.
- ▶ This is accomplished by stacking leaves,
- ▶ rolling them tightly, then slicing the leaves perpendicular to the roll.
- ▶ The technique can also be applied to crepes or thin omelets to produce strip



JARDINERE

- ▶ Peel and wash the vegetable, then regularize its shape into a rectangle or square by topping and tailing it and squaring off the sides.
- ▶ Cut the vegetables into pieces 10 cm (4 inches) long.
- ▶ Then cut these pieces into batons with a width of anywhere from 4 mm to 10 mm wide (1/8th inch to .4 inches),
- ▶ Then cut the batons down to their final width of anywhere from 2 to 5 mm.





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FERMIERE

- ▶ peel and wash the vegetable, then holding knife at an angle to the vegetable, make a parallel cuts that produce a fermiere cut
- ▶ Cut to desired thickness, 1/8 to 1/2 inch (4 to 12 millimeters)



TOURNE

- ▶ An oblong-shaped cut for vegetables such as carrots, potatoes or squash that provides a distinctive and consistent appearance to the food item being served.
- ▶ When preparing a Tournée Cut, the vegetable is trimmed to a length of approximately 2 inches.
- ▶ Cut and shaped with seven evenly spaced sections surrounding the vegetable, a Tournée cut is curved and extends from end to end, resulting in a shape similar to a blunt-ended football.





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PARISIENNE

- ▶ Parisienne is a term that can refer to a tool used for scooping balls of fruit or vegetables, or the balls themselves.
- ▶ They come in different sizes and range from about 1 to 3 centimeters.
- ▶ They're frequently used to make pearls out of melon, potato, squash, etc.





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MIREPOIX

- ▶ It is diced / Roughly cut vegetables, cooked for a long time on a gentle heat without color or browning, usually with butter or other fat or oil.
- ▶ the traditional ratio is two parts onions, one part carrots, and one part celery. Mirepoix is the flavor base for a wide variety of dishes, such as stocks, soups, stews, and sauces.





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PEELING

- ▶ To remove the rind or skin from a fruit or vegetable using a knife or vegetable peeler.



FLUTING

- 1. Hold a sharp paring knife with the half way point of the blade at the center of the mushroom cap, angled down to control the depth you want the cut to be. Hold the mushroom in your other hand by the stem.**
- 2. Twist the knife in one way and the mushroom in the other to create a shallow, crescent moon-shaped cut in the top of the mushroom.**
- 3. Turn the mushroom enough to queue up the next cut.**
- 4. Repeat steps 2 & 3 as necessary until you've covered the whole top of the mushroom.**
- 5. Brush off any trailing bits of mushroom from cutting the top. Flip the mushroom over and trim off the stem to give the mushroom a flat bottom.**

WEDGES

- ▶ Cut the vegetable / fruits in half lengthwise,
- ▶ then cut those halves into thirds or fourths as required .
- ▶ This will give you wedges .
- ▶ Try to cut the wedges into equal sizes so they all bake at the same rate





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PARING

- ▶ It is a part of a fruit or vegetable that is pared or cut off; especially the skin or peel.
- ▶ Paring knife is used for this type of cutting.



SEGMENT

- ▶ The first step is to slice the top and bottom off of the fruit.
- ▶ Then, cut the peel off, trying to follow the natural curves of the fruit.
- ▶ Then remove as much of the white pith.
- ▶ Next, cut along the membranes that separate each segment, cutting at a slight angle inwards along the membranes.
- ▶ Once you've cut along both sides of each segment, use the knife to loosen and remove each segment.



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FLORETS

- ▶ **Cut the stalk off a head of broccoli with a sharp knife. Make sure you cut high enough so that large individual florets fall away as you cut.**
- ▶ **Take each large individual floret and cut it in half.**
- ▶ **Gather together the two halves and cut them into quarters. Repeat for each large individual floret. If you prefer larger sized broccoli florets then simply don't halve or quarter each large individual floret.**



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THERE ARE SOME OTHER CUTS WHICH WE USE IN INDIAN CUISINE

- ▶ **Okra / Cluster beans / beans**
- ▶ **Baby brinjal**
- ▶ **Bitter ground**
- ▶ **Drumsticks**
- ▶ **Banana flower**
- ▶ **Bamboo shoot / Lotus root**



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OKRA / CLUSTER BEANS / BEANS

- ▶ Trim / peel from head and tail and cut into pieces as required.





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BABY BRINZAL

- ▶ **Slit into four, keeping the stem intact.**
- ▶ **For using in gutti vankaya koora Stuffed brinjals and bharwan masala baingan etc.**





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BITTER GOURD

- ▶ **Scrap the bitter ground and keep scraping for stuffing, slit open without cutting and remove seeds and inner flesh.**
- ▶ **Stuffed bitter ground and kakarakaya karam etc.**





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DRUMSTIC

- ▶ **String the drumsticks and cut into batons.**
- ▶ **Used for sambhar, fry and curry's etc.**





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BAMBOO SHOOT / LOTUS ROOT



- ▶ **Peel the white pith and cut into desired shapes.**
- ▶ **Peel and wash very well ensure that it is free from mud. Cut into desired shapes**





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BANANA FLOWER

- ▶ Peel the banana flower to obtain small flowerets. Remove the hard woody inside the flowers.
- ▶ Used for stir fries/kofta.





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FRUIT BASKETS



Radish Roses and Rosettes





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