

Knife Cuts Vocabulary and Note Sheet – Answer Key

Vocabulary

1. Cutting Mat: **Used to protect countertops and keep knives sharp**
2. Mercer Cut Ruler: **a kitchen tool used as a reference for measurements and dimensions of classic knife cuts**
3. Finger Guards: **metal guard used to protect guide hand when cutting**
4. Knife Cut Models: **plastic examples of the classic knife cuts**

Presentation Notes

Slide 3: Knife Grip and Hand Position

- Describe the recommended methods for gripping a knife:
Thumb over the bolster
Grip the handle
Choke up with thumb and index finger on each side of the blade
- Describe the correct position for your guide hand:
Fingers are rolled back

Slide 4: Important Points

- Choose the knife grip that is most **comfortable** for you
- Do NOT **extend** your **index** finger
- Use a **rocking** or **circular** motion with the knife
- The fingers of your guide hand should be rolled back with or without a finger guard

Slide 5: Cutting Boards and Mats

- Always use a cutting **board** or **mat**
- Cutting boards:
 - Made from **wood, plastic,** or **polypropylene**
 - Stabilize by placing a **damp kitchen** cloth or paper towel underneath so they don't move around
 - Boards with grips don't need to be stabilized

Slide 6: Cutting Boards and Mats

- Cutting mats
 - Made from **thinner** plastic or polypropylene material
 - Some have a non-slip side, if not a damp paper towel or kitchen cloth should be used to stabilize

Slide 7: Choose your Knife

- Know the cut you are going to do and choose the knife accordingly
- **Chef's Knives** are the most frequently used kitchen knife

Slide 8: Slicing

- Slicing: cuts that make **large thin pieces** of a food
- Knives used:
 - **Chef's Knife**
 - **Slicing Knife**
 - **Serrated Knife**

Slide 9: Examples of Slices

- **Chiffonade**: fine ribbon-like pieces of leafy vegetables or herbs
- **Rondelle** or **round**: disk-like pieces from cylindrical fruit or vegetables
- **Diagonal cut**: an oval or oblong slice from cylindrical fruit or vegetables
- **Roll cut** or **oblique cut**: wedge-shaped pieces made by making a diagonal cut, then rolling the item 180 degrees and making another diagonal cut

Slide 11: Chopping and Mincing

- Chopping: food is cut into **small even** pieces
- Mincing: food is cut into **very small** pieces

Slide 12: Classic Cuts

- Julienne: **1/8** x **1/8** x **2**-inch matchstick shapes
- Batonnet: **1/4**-inch matchstick cuts
- Dice: even sided cubes
 - Large: **3/4**-inch
 - Medium: **1/2**-inch
 - Small: **1/4**-inch
 - Brunoise: **1/8**-inch (very small)
- Tourne: **football**-shaped cut

Slide 14: Why so many different cuts?

- Reasons for cutting food in specific sizes and shapes
 - **Cooking Time**: Uniformity of size and shape means uniform cooking time
 - **Presentation**: Even sizes and shapes look attractive and professional

Slide 15: Why so many different cuts?

- Knowing the different cuts and when to use them will improve your culinary skills
- Using the techniques you have learned will keep you safe and efficient when preparing food for yourself and for others