



INSTRUCTION CARD – BASIC KNIFE SKILLS

INGREDIENTS:

Variety of food items
(e.g. parsley, potatoes, carrot)

UTENSILS:

Clean paper towel or cloth
Knife: make sure your knives are sharp
Chopping board

BASIC KNIFE SAFETY AND SKILLS:

1. Always wash your hands thoroughly before handling knives and food items.
2. Wash and dry vegetables thoroughly with cool water, being sure to remove any dirt or residue. Pat dry using a clean paper towel or cloth.
3. Place the chopping board onto a clean, firm surface and choose your knife.
4. Always use both hands when using a knife.
5. Place the index finger and thumb of your dominant hand at the back of the blade (near the handle), wrap other fingers around the handle to stabilise the knife.
6. Your other hand should hold the ingredients firmly, with fingertips curled under and knuckles pressed down to keep your fingers away from the blade edge. Hold the food at the opposite end from where you intend to cut.
7. It might help to use a rocking motion (back and forth with the knife) when cutting large, hard foods.
8. Move your other hand (that is guiding the ingredients) backward whilst cutting.
9. No hands should be touching the chopping board.



Scan for more cooking tools and tips

FOODBANK.ORG.AU/COOKING-TOOLS-AND-TIPS

TYPES OF CHOPPING

Slice:

Place the tip of the knife against the cutting board with the rest of the knife slanting upwards. Keeping the tip touching the board, carefully move the knife up and down, moving the ingredient, such as a cucumber towards the cutting edge so even sized slices are cut. Keep your knuckles on the flat side of the knife and always cut away from your hand.

Roll-cut:

This cut is used to create pieces of food with two angled sides. Keeping the tip touching the board, carefully cut the ingredient such as a carrot at a 45 degree angle. Roll the carrot a quarter turn toward you then repeat. Continue this cut/roll process to the end of the vegetable.

Julienne:

Julienne is a French term for cutting into very thin strips. Cut ingredients such as a carrot in half lengthways and put the flat side down on the chopping board. Cut the ingredient long ways into thin planks. Stack these planks up on top of each other and again cut lengthways to make long, thin matchsticks.

Dice:

Cut ingredients such as a carrot in half lengthways and put the flat side down on the chopping board. Cut the ingredient long ways into planks. Stack these planks up on top of each other and again cut lengthways to make sticks. Turn ingredients 90 degrees and cut across the sticks to create small cubes.

Mince:

Mincing garlic – place peeled and trimmed clove of garlic on the chopping board with flattest edge down. Cut garlic into thin planks cutting from root to tip. Turn 90 degrees and cut into thin sticks. Place your non-dominant hand on the flat top of the blade and press the tip against the board. Keeping the tip touching the board, rock the handle up and down using the heel of the knife to cut until it is as finely minced.



Scan for instruction card videos

FOODBANK.ORG.AU/COOKING-TOOLS-AND-TIPS