



TEACH IT FORWARD

KNIFE SKILLS

<i>PLAN IT</i>		<i>Completed / Comments</i>
Supplies/Materials		
<ol style="list-style-type: none"> 1. Chef, Utility, Paring and Serrated knives on trays 2. Product (items from Roasted Root Vegetables recipe) to demo and practice (i.e. carrots, sweet potatoes, and fresh parsley) 3. Flat, plastic tray, if available 		
Location		
<ul style="list-style-type: none"> • Kitchen Production Area • Work stations for practice with cutting boards and different knives. Cutting boards are anchored with dampened cloths from sanitizer bucket and trays are available for “drop delivery” of foods. 		
Date, Time, Duration		
Day: _____; Time: _____; Duration: 15 minutes		
Resources and Talking Points		
<ol style="list-style-type: none"> 1. Importance of choosing right knife for work 2. Grip and motion 3. Techniques for use (See VAV Handout – “Knife Skills”) 		
Demonstration and Activities		
<ul style="list-style-type: none"> • Grip • Guiding Hand • Forward Motion 	<ul style="list-style-type: none"> • Techniques – slice, dice, rough chop, chiffonade, mince • Drop delivery 	
NOTES:		
<p><i>Wash and weigh AP of carrots or sweet potatoes or any other produce item for following day’s recipes. The In-Service TIF can serve as pre-prep period if participants wash hands and wear gloves (if foods are not for cooked products) when using knives. Carrots, sweet potatoes and parsley are listed as demonstration items but you can make a different choice.</i></p>		



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<i>PRESENT IT</i>	<i>Comments</i>
<p>KNOW – 2 minutes Knowledge Transfer</p> <ol style="list-style-type: none"> Knife selection - SAY: Match best knife use for each job to improve efficiency and safety Types of Knives Review - SAY: We know from before foods best suited for each type of knife <p>SHOW and SAY: Hold up each knife as review</p> <ul style="list-style-type: none"> Chef Knife is an all-purpose kitchen knife used for slicing, dicing, and rough chopping foods. Utility Knife is a smaller knife used for foods too big for a paring knife. Paring Knife is easy to handle and works well for cutting small items. Serrated Knife has a long blade with “teeth” used to slice food. <p>ASK: Which knife is best for slicing carrots, dicing sweet potatoes and chiffonade parsley? SAY: A Chef Knife will work best for all of these products. Most knives work best by using a forward cutting motion, rather than a straight up and down motion. This forward motion lets the knife do the work – up and down motions makes your arm apply more force and you get tired. ASK: Any questions? WAIT</p>	
<p>SHOW – 5 minutes</p> <p>Demonstrate - Chef knife to slice carrots, dice sweet potatoes, and chiffonade parsley. Work area includes cutting board with traction and tray for drop delivery of cut products.</p> <p>Guiding Hand – SAY:</p> <ul style="list-style-type: none"> Make certain fingers are curled inward and your thumb is tucked underneath. Hand stabilizes the food being cut, guides the knife, and determines size of cut. Side of the blade rests against the knuckles. <p>Techniques – SAY:</p> <ul style="list-style-type: none"> To slice, cut through the food with a forward motion starting at the tip. To dice, cut food into desired thickness, then cut into sticks which can then be cut into dices. To chiffonade, roll the rinsed parsley tightly, and slice into fine strips. For quantity food production, don't remove the stems; just slice the leaves until you reach the stems. To mince, use a "rocking" motion. Your guiding hand sits on top of the blade, helping pivot knife repeatedly along curved edge. The end of the knife never lifts from the board. 	
<p>DO – 7 minutes</p> <p>Practice and Apply Participants gather around work stations and practice: → slicing of carrots → dicing of sweet potatoes → chiffonade of parsley</p> <p>LISTEN to comments</p> <p>WATCH and COACH</p> <ul style="list-style-type: none"> Facilitator monitors actions Correct as needed 	



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RECAP – 1 minute

SAY:

- You have had an opportunity to practice different culinary techniques with knives that should improve your efficiency in the kitchen. Speed will come with practice but the *technique* is most important.
- **CONGRATULATIONS!** You have earned a Certificate of Completion for .25 hours in the Learning Topic of Food Production.