

Basic Cuts in CNP

Chiffanode, ribbons or leaf shreds
Roll about 5 leaves together and slice



Bok Choy

Chopped
More coarsely cut than minced



Garlic

Cube, 1/2" x 1/2" x 1/2"



Watermelon

Diced, 1/4" x 1/4" x 1/4" small



Onion

Diced, 1/3" x 1/3" x 1/3" medium



Potato

Diced, 3/4" x 3/4" x 3/4" large



Zucchini

Julienne, 1/8" x 1/8" x 1 or 2"



Jicama

Minced
Smaller than chopped



Ginger

Pieces, roughly torn



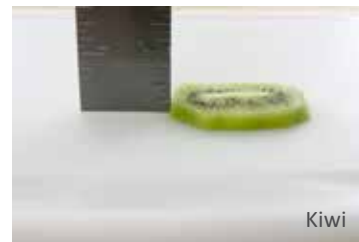
Romaine

Slices, 1/8" small



Tomato

Slices, 1/4" medium



Kiwi

Slices, 5/16" large



Carrots

Shredded, shreds



Cabbage

Sticks, 1/2" x 1/2" x 3"



Cucumber

Sticks or Strips, 1/2" x 1/2" x 3" or 4"



Pineapple 3", Carrots 4"

tips



To soften hard foods, such as spaghetti squash and butternut squash, microwave them for 3-4 minutes or place in the oven at 350°F for 5-6 minutes.



To cook foods evenly, cut uniform pieces.

Designed by Bolen Design, LLC



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Embrace nutrition. Influence greatness. Craft culinary cultures.



Chef Brenda's

CULINARY KNIFE GUIDE *for* CHILD NUTRITION

Not all knives and cuts are the same in culinary, specially in Child Nutrition Programs (CNP). Learn the right way to prepare meals in your kitchen by choosing the right knife for the job.

Knives

3 FUNDAMENTAL TYPES

Chef's Knife

Use: Multi-purposes



Paring Knife

Use: Intricate work



Serrated Knife

Use: Bread and tomatoes



MOST IMPORTANT

STYLES

French

- Pointed end
- Curved blade
- Thicker blade



German

- Pointed Or Round End
- Wide-Rounded Blade/ Belly



Japanese Santuko

- Round End
- Flat Blade
- Beveled Or Hollow Edge



FIT

Balance and weight are a personal preference, select one that's right for you.

LENGTH

Choose a knife for your height.

12" – 10"



Tall person

8" – 6"



Average

6" – 4"



Short

Knives

ANATOMY



MATERIAL

High-Carbon Stainless

- Better edge
- More flexible
- Rust easy
- Demand upkeep
- More expensive

BEST QUALITY

Stainless

- Rust and corrosion resistant – *not proof*
- More durable
- Easy to sharpen
- Loose their edge faster
- Less expensive

MODERATE QUALITY

Other Basic Sharps



Garnishing tools



Grater



Peeler

two-direction peeling



Pizza Cutter



Scraper

with measuring



Zester

Cutting Surface/Boards

COLOR



- Red:** Raw Meats
- Blue:** Cooked Food
- Yellow:** Raw Poultry
- Green:** Fruits and Vegetables
- Tan:** Fish & Poultry
- White:** Dairy Products
- White:** Neutral

NSF



All commercial cutting boards must have the NSF mark

“The NSF mark assures consumers, retailers and regulators that products have been rigorously tested to comply with all standard requirements.”

How To



HOLD YOUR KNIFE

- Pinch the blade in front of the bolster with your thumb and index finger
- Remaining fingers grip around the handle



USE YOUR GUIDED HAND

- Curl fingertips and rest the knife on your middle finger knuckle
- Place your pinky and thumb behind your fingers and use them to hold the food in place



SET UP YOUR WORKSTATION – *Mise en Place*

- Slip resistant mat
- NSF cutting board(s)
- Knife(s)
- Scrap bowl



MAINTAIN YOUR KNIVES

Honing – *Removes metal burrs and maintains a sharp edge*

- Hone at least once a day
- Stabilize the tip of the honing steel on a flat surface
- Hold your knife correctly
- At your knife's heel, rest the blade to the steel at a 20-degree angle
- Maintaining the 20-degree angle, glide the blade along the steel through to the tip
- Repeat about 5 times on each side



Sharpening – *Removes metal burrs and forms a fine edge*

- Sharpen 1-10 times per year
- Use a Sharpening Stone or an Electric knife sharpener



WASH YOUR KNIVES

- Place knives in a steam table pan or wash basin on the dish board until ready to wash
 - Wash in 3-compartment sink
 - Clean in groves and scrub porous handles
 - Air dry
- Do not wash in the dish washer as the hot water and the chemicals rust the knives. Especially high-carbon stainless steel knives. Stainless steel knives will rust and corrode over time.



BE SAFE

Do

- Always use a sharp knife
- Never put your knife in a sink or bin unprotected
- Hold Your Knife Properly and Use Your Guided Hand



Don't

- Place your Hand on top of the knife
- Angle your knife while cutting
- Curl your hand around the knife
- Open cans

