

Five Ways to Improve Your Knife Skills

(from learntocook.com)

1. Chose the right knife

Every cook should have a few different knives at the ready and be aware of their applications.

2. Know the basic cuts

Keep in mind that if a recipe calls for chopping, you should try to keep those pieces to a roughly equal size. Dicing means you should aim for quarter-inch cubes, while mincing means you should chop them as small as possible. If you are instructed to julienne, then cut the ingredient into long, thin pieces similar in shape to matchsticks.

3. Grip properly

Holding your knife properly will go a long way to avoiding injury and make it easier to chop or mince items more quickly.

4. Focus

5. Maintain your blades

[Read the full article at learntocook.com.](http://learntocook.com)

This article provides helpful guidance for teaching children how to use knives in the kitchen, including videos and safety tips!



These CCS foods students have perfected the art of culinary knife skills!

