



Chef Dawn ♥
SUR LA TABLE



CHEF DAWN'S KNIFE SKILLS ESSENTIALS

Safe, confident cutting starts here

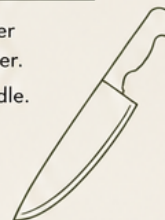
1 BEFORE YOU START

- A sharp knife is a safe knife.
- Secure your cutting board with a damp towel.
- Cut only on wood or plastic boards.
- Keep your eyes on the blade.
- Never try to catch a falling knife.

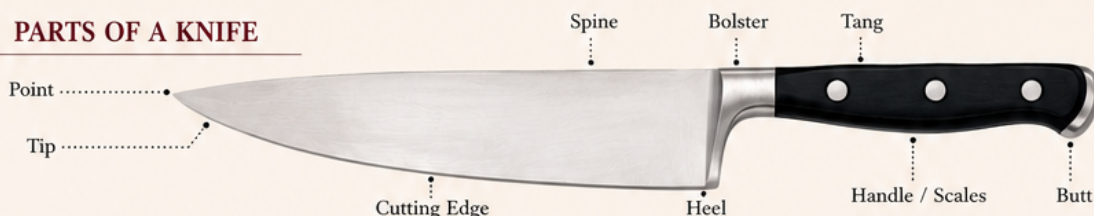


2 HOW TO HOLD THE KNIFE

- Use a pinch grip: thumb and index finger pinch the blade just in front of the bolster.
- Wrap remaining fingers around the handle.
- Use a claw grip with your guide hand.
- For a chef's knife, use a smooth rocking motion.



3 PARTS OF A KNIFE



4 CHEF DAWN'S QUICK REMINDERS



- Carry a knife pointed down at your side.
- Never leave a knife hidden in a sink.
- Use a bench scraper to move food, not the sharp edge.
- Practice control first, speed later.

1 MOST USEFUL CUTS



- Large dice = 3/4 inch cubes.
- Medium dice = 1/2 inch cubes.
- Small dice = 1/4 inch cubes.
- Julienne = thin matchsticks.
- Brunoise = tiny 1/8 inch cubes.
- Mince = very fine pieces for fast flavor.

2 PRACTICE ITEMS IN CLASS



- Celery: slice and mince.
- Bell pepper: break down and dice.
- Scallion: bias slices.
- Orange: supreme citrus segments.
- Garlic: smash and mince.
- Parsley: chiffonade.
- Onion: slice and dice.
- Carrot: julienne and brunoise.

3 KNIFE CARE



- Hone often to realign the edge.
- Sharpen when honing no longer helps.
- Hand wash and dry immediately.
- Never put knives in the dishwasher.
- Store in a block, sleeve or sheath.

4 CHEF DAWN'S LEARNING POINTS

- Japanese knives are lighter and great for precision.
- European knives are heavier and versatile all-purpose workhorses.
- The best knife should feel balanced and comfortable in your hand.
- Uniform cuts help food cook evenly.
- Good technique matters more than speed.



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