

# Cuts

## Cutting Specific Foods

# Cutting Station Review

- Find a double-sided cutting board with white on one side and black on the other. Use the white side to increase contrast to cut dark foods (purple potatoes) and use the black side to cut light colored (cauliflower) foods.
- Place a wet towel or paper towel underneath to decrease cutting board moving on the surface.
- Have a scrap bowl for discarded items and a keep bowl for items used in recipe
- Use a scraper to pick up ingredients



# Cutting Review

- Hold knife by pinching in front of the handle
- Rocker technique-used to dice or chop. The knife is held same as for slicing. The tip of the knife remains on the cutting board and the blade is moved in an up and down motion over the food.
- Bridge technique (also known as V cutting)-used for smaller items. Stabilize the item with one hand while using the other hand to bring the blade of the knife up against the food. The blade stays perpendicular to the food and cutting surface. Slide the knife to the top of the food maintaining constant contact with the food until it reaches the point where cut needs to be made. At that point, the knife is held in place and the other hand is then positioned so the thumb is on one side of the knife and the fingers are on the other side. This creates a V or bridge over the blade to hold the food steady as the cut is made.

# Knife Safety Review

- Safely storing knife
  - Put the knife at the top of the cutting board with the blade pointed in towards cutting board and handle will be the first thing discovered if looking for it.
- Safely walking knife to sink and storing
  - Announce to the kitchen that you are walking with a knife
  - Wash knife or place it between the faucet and backsplash/wall with blade towards backsplash/wall to avoid injury.
  - Always store a knife in a protective sleeve, knife block or any option that has the blade covered.

# Peeling before Cutting

- Peeling- A serrated blade peeler will hug the surface of the food better for easier peeling. It is easier to determine if the peel on vegetables has all been removed when the vegetable is wet. The portion of the vegetable that has the peel remaining on it will have a rough texture, while the portion already peeled will have a smooth, moist texture. Pull the peeler along the food moving away from your body. Move in a systematic approach-turning as you go. Once you feel you have gone all the way around then flip to the other end and start peeling from that end. Always remove the eyes from potatoes with point of peeler or knife before peeling.
- For peeling melons and apples work to cut on the contour of the food and work around it. A smaller paring knife would be best for this task.

# Ways of cutting food

- Julienne
- Chop
- Mince
- Dice
- Chiffonade



# Julienne

- Cut into thin strips 1 to 2 inches long and square.
- Can be the most difficult to get even



# Chop

- Chop Definition: To cut food into pieces, either small (finely chopped; minced) or large (coarsely chopped).

# Slicing

- Slicing- To gauge the thickness of a slice, put the blade of a sharp pointed knife by the forefinger of the hand that is holding the vegetable-only top side of blade should ever touch hand, then move knife and forefinger the required distance before cutting. A knife with a slicing guide (available from Independent Living Aids and Maxi Aids) is a very popular and useful item. It has an adjustable slicing guide that makes it easy and safe to cut slices of bread, vegetables, and meat into different thicknesses. To cut, hold the knife handle with fingers wrapped around the handle with tips pointing up and thumb on the side of the knife. The knife is moved in a back and forth sawing motion with the tip of the knife pointed in a slightly downward position. For bread and some meats the knife may need to be more perpendicular than pointed down.

- Slice- to cut food into evenly shaped pieces. To slice ingredients, hold the knife the same way you do to chop, but cut across with a forward motion as you cut down on the food.

# Dice

- Definition: to cut food into tiny cubes approximately 1/8" to 1/2" in size.
- To make finer dice or chops, the food can be sliced across one way and then turned to slice perpendicular to the slices.
- To dice, first you slice the food, and then you cut those slices into julienne strips. Turn the strips a quarter turn and cut down into cubes.
- Cube is larger than dice

Julienne-to slice food into thin shreds or strips. To do this, first slice the food, and then place the slices on a board, overlapping each other. Cut down on the slices to make matchstick-like pieces about 1/8" wide.

Mince- to chop food into very small pieces-means the same thing as finely chopped. The best way to mince foods is to chop them and then hold the tip of the large knife down with one hand and bring the blade and wider end of the knife up and down quickly on the ingredients using the other hand. Gather the ingredients and repeat the process until you achieve the desired texture.

# Chiffonade

- Chiffonade is a cutting technique that you can use to cut up any flat leafy food. It works great on things that you are going to eat fresh, like basil and lettuce and helps you cut uniform, curly, strips of food quickly and elegantly. First stack the leaves on top of each other. Roll the leaves and then begin to cut thin strips off of the roll.

# Onion Slices

- To make fresh onion slices, such as you may like on a hamburger, hold the prepared onion, with your fingers on the lopped-off top and your thumb on the bottom. Press it down firmly on a cutting board. Now slide a knife in underneath your fingers, about three-eighths of an inch from the flat cutoff top of the onion and slice down, firmly and slowly, using sawing motions. Use a serrated knife for this; its teeth will catch so that the knife will not slip and cut your fingers. Repeat this procedure until you have as many slices as you want. (When Cook Can't Look)

# Onion Chopped Option 1

- Prepare the onion as if you were going to slice it. Hold it the same way, but this time cut it straight down through the equator. Now place the hemispheres face down and quarter them. You now have eight chunks, and it is most practical to chop them two at a time in an onion chopper. Do not trust the onion chopper to do a good job without your examining it, though. When you think those chunks are chopped well enough, do not just empty the chopper into the dish you are preparing. Empty the contents first into your hand, and carefully pick through the results. You will often find pieces that need to be put back into the chopper for more work, and also tough pieces of skin that are not crisp enough to use and should be thrown away.(When Cook Can't Look)

# Onion Chopped Option 2

- Halve onion through root end, then peel onion and trim top. Make several horizontal cuts from 1 end of onion to other but don't cut through root end
- Make several vertical cuts. Be sure to cut up to but not through root end.
- Rotation onion so root end is in back; slice onion thin across previous cuts. As you slice, onion will fall apart into chopped pieces.

# Tomatoes

- Remove core of tomato using paring knife
- Slice tomato crosswise
- Stack several slices of tomato, then slice both crosswise and widthwise into pieces as desired.

# Bell Peppers

- Option 1
  - Slice off top and bottom of pepper and remove seeds and stem
  - Slice down through side of pepper
  - Lay pepper flat and trim away remaining ribs and seeds, then cut into pieces or strips as desired.
- Option 2
  - Remove any stem available on the pepper
  - Place on side and cut off the bottom
  - Take the knife down the sides of the pepper keeping the seeds intact

# Carrots

- Slice peeled carrot on bias into 2-inch-long oval-shaped pieces.
- For matchsticks, lay ovals flat on cutting board, then slice into 2-inch-long matchsticks, about  $\frac{1}{4}$  inch thick.

# Celery

- Trim leaves from top of celery
- Chop across bunch until you have the desired amount

# Cutting Review:

- A variety of slicers, manual or electric, are available (e.g. [Tuperware Slicer](#), [Presto, Saladshooter](#), slicers in [food processors](#), [egg slicers](#), [tomato slicers](#), [apple slicers](#)).
- Slicing should always be done on a cutting board. Slicing while holding the item may cause injuries.
- A slipped knife (blade) will not be potentially dangerous if cutting away from one's body.
- Sharp knives are actually safer.
- The [Magna Wonder-Knife](#) or guided knife will help make uniform slices with an adjustable gauge

# Practice at Home: Beginner

- Practice slicing on ice cream or bananas with a dull (table) knife.
  - Practice slicing at a diagonal then cut the circle into sticks
- Cut a piece of bread into two equal sizes

# At Home Practice: Intermediate

- remove peelings from apple, potato, and carrot with vegetable peeler
  - Always peel away from you.
  - Double check for skins

# At Home Practice: Expert

- Slices apple in half and removes seeds
  - If worried about movement, use fork or other poking device to keep it from moving.

# Extra Resources

- Washington School for the Blind
  - [Techniques for the Blind -Preparing Fruits and Vegetables](#)