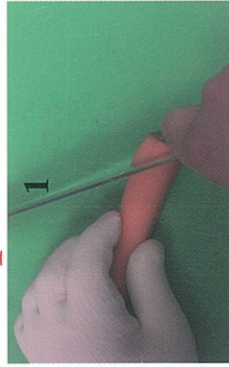


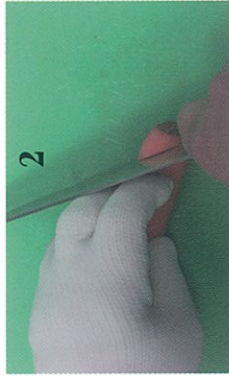
Knife Skills

Advanced Cuts

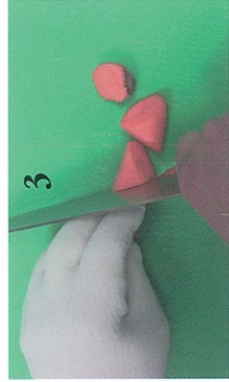
Oblique



Trim large end of washed and peeled carrot at a 45° angle.

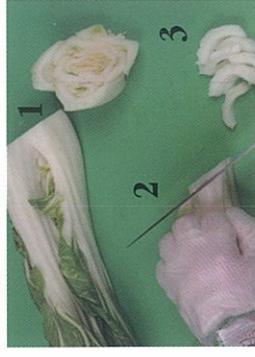


Roll carrot forward 1/2 turn (180°) and cut through at 45° angle.



Roll back, cut at a 45° angle. Roll forward, cut at a 45° angle. Continue to end of carrot.

Bias Cut



Trim root end. Stack 2 stalks and slice thinly at 45° angle.

Lozenge



Cut slices into strips.



Cut at a 45° angle to form diamonds.

Mince



Trim and peel. Cut 1/16" slices. Stack slices and cut lengthwise 1/16" shreds. Slice across grain 1/16".



Chiffonade



Stack and roll 5-6 leaves tightly.



Slice thinly across roll using a light cutting motion.



- Wear plastic gloves when handling foods that will not receive additional cooking.
- Use a green cutting board when preparing vegetables.



- Never soak vegetables; thoroughly wash under cold running water in a colander.
- Use the edge of a spoon to peel ginger root.
- Mincing can be done by placing coarsely chopped foods in a food processor on pulse mode.