

# Knife Skills

## Knife Sharpening and Honing

### Knife Sharpening



Sharpen knives by using an electric knife sharpener or use a knife sharpening service. A knife should be honed periodically.

- Wash, rinse and sanitize knives, cutting boards and other food contact surfaces between uses.



- Press your thumb flat against the large edge of the blade.
- Only hone a knife with two passes for each side of the blade—any more than two can make the knife dull.



### Honing a Knife



- 1 Hold the steel in a near-vertical position with the tip resting on a non-slippery surface. Start with the heel of the knife against one side of the steel.



- 2 Maintain light pressure while drawing the knife down the shaft of the steel. Continue in a smooth motion.



- 3 Complete the movement by drawing the knife all the way through to the tip.



- 4 Repeat the action with the blade against the steel's other side.



- 5 Maintain light pressure while drawing the knife down the shaft of the steel. Continue in a smooth motion.



- 6 Complete the movement by drawing the knife all the way through to the tip.

- 7 Repeat steps 1-6 to complete honing the knife.