

Knife Skills “Pause and Practice” – 15 minutes

A. You will need the following ingredients:

- 1 medium vine-ripe tomato
- 1 large yellow onion
- 1 large apple
- 1 large carrot
- Small bunch of parsley

B. You will need the following equipment:

- Chef’s knife (6” or 8”)
- Paring knife
- Serrated knife
- Large cutting board
- Clean kitchen towel
- Electric knife sharpener (optional)
- Honing steel (optional)

C. Spend 15 minutes practicing the following steps:

1. Set up cutting board on an even surface in an uncrowded area of a kitchen.
2. Cut slices in one half of an onion.
3. Use paring knife to cut off stem of tomato.
4. Slice small cut in apple to create a flat surface.
5. Practice holding knife properly: by your side with blade facing down.
6. Practice using the different stages on an electric knife sharpener (optional).
7. Practice using the honing steel (optional).
8. Practice using the slabs, stacks, and sticks methods to cut carrots into small sticks.
9. Practice cutting a bunch of herbs to chop finely.