

## Vegetable Cuts “Pause and Practice” – 15 minutes

**A. You will need the following ingredients:**

- 1 large yellow onion
- 1 large carrot
- 1 large russet potato
- 1 large whole butternut squash
- 1 whole green cabbage
- 1 whole head of cauliflower

**B. You will need the following equipment:**

- Chef’s knife (6” or 8”)
- Paring knife
- Large cutting board
- Vegetable peeler
- Clean kitchen towel
- Large bowl for scraps

**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 off stem end of an onion to create a flat plane. Cut the onion in half through the root end.
3. Cut half of the onion into thin slices.
4. Cut the other half of the onion into small dice pieces.
5. Cut a flat plane in carrot to make slabs and sticks, creating julienne carrot sticks.
6. Cut carrot into diagonal cut to create ovals.
7. Peel potato with vegetable peeler.
8. Cut potato into slabs, stacks, and sticks, then create large diced cubes.

9. Cut flat edge off of the bottom of a whole butternut squash, then peel the skin off with a vegetable peeler.
10. Cut the neck off of the whole squash, then cut in half. Work with one half at a time to create lengthwise slabs, stack, cut into sticks and create large cubes.
11. Cut the round end of the squash in half, scoop out seeds, then practice slab, stack, stick method to create large cubes again.
12. Peel outer layers of cabbage, create a flat edge on the bottom of the head. Cut the head in half, then into quarters.
13. Cut out the core of each quarter of the cabbage, then create shreds by cutting the quarters very thinly.
14. Cut out core of cauliflower with paring knife. Cut the head in half with a chef's knife, then working with one at a time, create 4 quarters. Cut into smaller uniform pieces.