

# Cutting Techniques

To hold your knife, put your middle, ring, and pinky fingers around the handle, and grip the blade with your index finger and thumb.



Use a rocking technique to slice through the vegetable. Instead of chopping straight up-and-down, slide the knife through the vegetable like a see-saw.

**TIP:** *When you practice, start slowly and safely. Speed and precision will come with time and repeated use.*



## Chop

The vegetable is chopped into large, equal sized-chunks, about 1/2" in size

## Dice

The vegetable is diced into small, equal-sized cubes, about a 1/4" in size.

## Mince

Hold the knife with your dominant hand and place your non-dominant hand on the spine of the knife to hold it steady. Keep the tip of the blade anchored against the cutting board as you chop. Move the knife back and forth through the pile the until pieces are tiny.

## Julienne

Slice vegetables lengthwise into 1/8-inch strips.

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