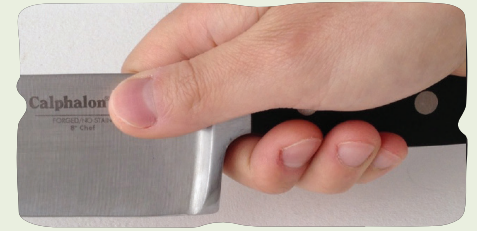


Cutting Techniques

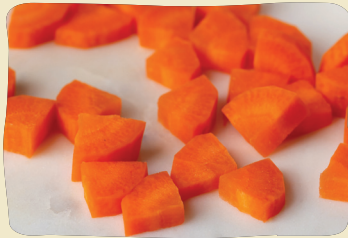
To hold your knife, put your middle, ring, and pinky fingers around the handle, and grip the blade with your index finger and thumb.



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

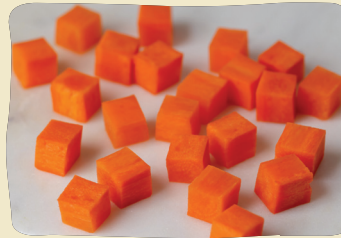


TIP: When you practice, start slowly and safely. Speed and precision will come with time and repeated use.



Chop

Chop vegetables into large, equal size-chunks, about 1/2 inch in size.



Dice

Dice vegetables into small, equal-sized cubes, about 1/4 inch in size.



Julienne

Slice vegetables lengthwise into 1/8-inch strips.

Mince

Hold the knife with your dominant hand and place your nondominant 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 until pieces are tiny.

