Knives:

* Serrated edge
	+ When to use:
		- With soft products with hard crusts (bread) or tough skin (tomato)
* Paring knife
	+ When to use:
		- Small allows greater control and intricacy of action
		- Peeling fruits/veggies
* Boning knives
	+ Pointed upwards
	+ When to use:
		- Removing meat from bones
		- Cutting fish or poultry
* Chef knife
	+ When to use:
		- Chopping/slicing
	+ How to grip:
		- Thumb grips blade, index finger over top
		- Hand grips around handle
		- Grip mainly from thumb/forefinger
	+ Opposite hand – holding food:
		- “guiding hand” – holds food on table to prevent sliding around on the board
		- Claw grip – keep fingers curled inwards
		- Tuck the thumb
* Carving knife
	+ Slicing meats
* Bread knives
	+ Serrated
* Cleaver
	+ Cut through bones
* Utility knife
	+ Larger than a paring knife but smaller than a chefs knife

Chopping

* Grip blade with index finger and thumb
* Protect fingers by curling in towards palm of hand
* Not uniform

Dicing

* Even sized cubes
	+ Large (3/4 inch), medium (1/2 inch),small (1/4 Inch)

Chiffonade

* For herbs and greens
* Long, thin strips
* To do:
	+ Pull stems and place leaves on top of one another, stacking according to size
	+ Rock to cut, don’t chop up and down cause that can bruise the herbs to cause discolouration and possibly loss of flavour

Batonnet (bah-tow-nay)

* French word that means stick or baton
* To do:
	+ Chop off each end (topping and tailing), then square off all 4 sides
	+ Slice the rectangle into ¼ inch pieces
	+ ½ inch x ½ inch x 4 inches

Mincing

* Keep tip of the knife anchored on the board

Tournee

* Oblong shaped cutting technique

Julienne (joo-lee-enn)

* Finer cut – matchstick
* Cut into 1/8 inch planks then into 1/8 inch strips
* 1/8 x 1/8 x 2 ½ inches

Brunoise (broon-whaz)

* 1/8 x 1/8 x 1/8 cut

Allumette (al-yoo-met)

* ¼ inch x ¼ inch x 2 ½ inches (big julienne)