

Knife Cutting Techniques

Most knives work best by using a forward cutting motion, rather than a straight up and down motion. The former lets the knife do the work; the latter makes your arm apply more force.

Begin by initiating the cut with the tip and pushing the knife forward across the food.

- Only a light touch is required because the sharp edge is doing the cutting.
- Follow all the way through the cut to achieve a fluid motion.
- If you reach the heel before completing your cut, pull straight back and repeat the forward motion
- If you find yourself pushing down on the food, or needing effort, either you are not doing it right or the knife is dull.

Technique 1

For large items which are high above the cutting board, start to cut with the tip of the blade on the object.



Technique 2

For smaller items, start to cut with the tip of the blade on the cutting board.



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Technique 3

The “rocking” motion is generally used to mince herbs or garlic. Your guiding hand sits on top of the blade, pivoting the knife repeatedly along its curved edge. The knife is never lifted off the cutting board.



The Guiding Hand

Your other hand has a key role to play regardless of whether dicing or chopping because it stabilizes the food, guides the knife, and determines the size of your cut.

- Make certain that your **fingers are curled inward and your thumb is tucked underneath.**
- The side of the blade should rest against your knuckles, but **NEVER** the edge itself.
- Remember to take it slowly at first. **It is all about technique.** (With time, practice and confidence, your speed will increase, but you do not need to look like a TV chef.)

