

knife safety

USING KNIVES SAFELY

Cooking at home calls for a lot of slicing, dicing, chopping, and mincing. Use these tips to cut like a pro:

- Watch your fingers. Tuck your fingers toward your palm on the hand that is holding the food.
- Lead down with the tip. Angle the tip of the knife toward the cutting board.
- Slice. Cut through the food with a slicing or sawing motion. Don't just push down.
- Create a flat surface. When working with round foods like onions or potatoes, cut them in half first. Lay the flat side down, then keep cutting.

SAFETY TIPS

- Never put a knife in a sink full of water! You or someone else may forget it's there. This can lead to cuts when you grab things to clean.
- Don't try to catch a falling knife. If you drop it, take a quick step back so it doesn't nick your toes or bounce back on you.
- To pass a knife, hand it off by the handle. Or, set it down on the counter and let the other person pick it up.
- Always walk with the blade of your knife pointed towards the floor. This helps avoid nicking someone who comes into your path.
- When you are not using your knife, place it at the top of your cutting board. Keep the blade facing away from you.

WHICH KNIFE TO USE

You don't need to purchase a 10-knife block set. Most kitchen tasks can be done with just one or two knives.

Here are a few tips:

- Chef's knife (8-10-inch blade). Almost all kitchen jobs can be done with just this knife.
- Paring knife (3-4-inch blade). Good for tasks where you may need to be more precise, like peeling and coring.
- Serrated knife (8-10-inch blade, small "teeth"). This knife is long like a chef's knife but the blade edge is jagged, rather than smooth. Good for slicing bread and cutting soft-skinned produce like tomatoes.

