

## Guide to Cutting Techniques



**Chopping:** The most basic of the cutting techniques. Put your middle, ring, and pinky fingers around the handle of the knife and grip the blade with your index finger and thumb. To do the wrist-fulcrum method, keep the heel of the knife (the part of the blade closest to the handle) near the cutting board and move the tip of the knife up and down. To do the tip-fulcrum method, keep the tip on your cutting surface and move the rear of the knife up and down.

**Dicing:** Use this technique to cut fruits and vegetables into even cubes. To begin, first cut your food into several square-sided pieces of equal length. After placing these pieces in a row, cut everything into as many cubes as possible.

**Chiffonade:** This technique is good for cutting herbs and greens. Pull off the stems and place the leaves on top of each other, stacking from small to large. Use your knife in a rocking motion to cut the stacks into thin strips.

**Batonnet:** Start by chopping off each end of the food you are cutting, and then make a rectangle with the knife by squaring off all four sides. Slice the rectangle into 1/4-inch pieces, stack them and cut again, this time into 1/4-inch strips.

**Mincing:** Similar to chopping but smaller pieces. To mince, cut food lengthwise into strips, then again after turning the strips 90 degrees. Place one hand on the top of the knife to hold it steady and be sure to keep the tip of the blade anchored to the cutting board as you chop. Continue this motion by moving the knife back and forth swiftly through the pile until the pieces are very tiny.

**Juliennning:** The most difficult of the cutting techniques. Cut food into rectangular 1/8-inch planks, then stack the planks on top of each other and slice lengthwise into 1/8-inch strips. This technique takes practice, so don't worry if you don't get it right the first time.