

# How to Cut Vegetables



The techniques illustrated below can be used for cutting up a wide range of vegetables. Notice that when one hand is using the knife and the other is holding the food, the holding hand is formed into

a sort of claw, with the tips of the fingers pulled back and the knuckles leaning toward the knife. This allows you to firmly hold the item being cut while keeping your fingertips away from the knife.

## HOW TO MAKE A CHIFFONADE



1. To make a chiffonade of basil or other leafy greens, begin by stacking the leaves with the largest at the bottom.



2. Roll the stack of leaves tightly.

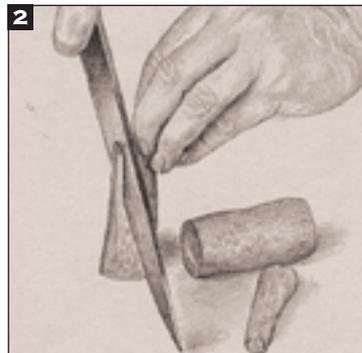


3. Cut across the rolls to produce ribbons, or chiffonade. As when slicing vegetables, keep the tip of the knife in contact with the cutting surface; cut with a rapid rocking motion.

## HOW TO JULIENNE LONG VEGETABLES



1. Since cutting a whole carrot is unwieldy, cut the carrot into thirds or other manageable pieces.



2. Cut a thin slice off each carrot section so that it will lie flat.



3. Cut "panels" off each carrot section, slicing as thinly as you can. As you cut, keep the knife blade in contact with the cutting surface and cut with the full length of the blade, using a rocking motion.



4. Stack the panels and slice them thinly to make a julienne. This technique can be used to julienne any long vegetable.

## HOW TO SLICE LARGE VEGETABLES



1. Place the heel of your palm on the back of the knife, a little in front of the center, and apply pressure toward the tip of the knife.



2. When the top of the knife blade is below the top of the cabbage, move your fingers to the top of the front section of the knife and apply pressure, finishing the cut.



3. As with other vegetables, press the tip of the knife against the cutting surface while you hold the cabbage with fingers bent out of the way. Rock the knife back and forth to slice through the cabbage.

## SLICING ON THE BIAS



To make an attractive shape from broccoli, celery, scallions, or other long vegetables, cut them on the bias by holding the knife at a 45-degree angle to the vegetable.

## HOW TO SLICE ROUND VEGETABLES

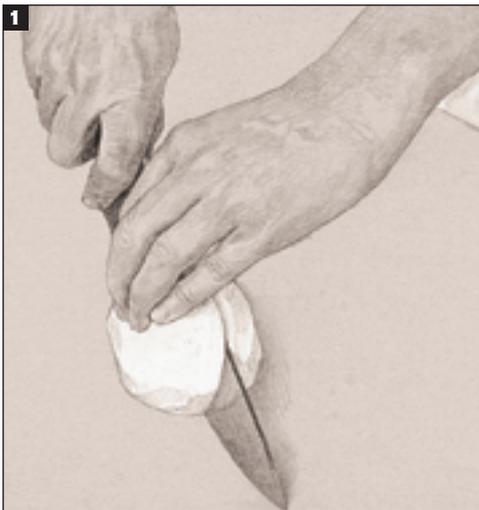


1. Cut a thin slice off the side so that the onion will lie flat.



2. Slice the onion. For maximum control, always keep the tip of the knife in contact with the cutting surface. Cut in a rocking motion, using the full length of the blade, so that the knife slides through the onion, rather than sawing it. This technique can be used to slice any round vegetable.

## HOW TO JULIENNE OVAL VEGETABLES



1. Cut the potato in half to so you have a flat surface.



2. Cut half-moon panels from the potato halves; you can use the slices as they are at this point.



3. Stack the potatoes in accordion fashion and move the knife down the row, keeping the tip in contact with the cutting surface, to produce a julienne. This technique can be used to slice or julienne any oval vegetable.

## HOW TO DICE



1. Halve the tomato. Draw the tip of the knife back through the tomato halves to make quarter-inch slices, leaving one end intact to hold the slices together.



2. Create a grid by cutting through the tomato halves horizontally, holding onto the top of the tomato with the fingertips of your other hand.



3. Complete the dice by cutting through the tomato crosswise. This technique can be used to dice any round vegetable.