

Basic Knife Drawer

In any craft, having just the right tool for the job makes the task easier. In cooking, there are knives for specific tasks like carving, filleting and slicing. But with just a few versatile knives, you can perform virtually any task in the kitchen.

Types of Knives

- **Chef's knife:** A classic chef's knife, with its broad, tapering blade, sharp tip and chunky handle is the workhorse of the kitchen. Practicing with one really will make you a better cook: they are sharper, stronger and they do more of the work for you than smaller knives. For many home cooks, an 8-inch blade with a plastic handle is perfect, especially to start. Work up to a 10-inch knife, which is more efficient overall. When buying, look for a comfortable handle and a blade that is thicker at the base than at the tip.
- **Utility knife:** These small knives are in constant use in most home kitchens, so it's worth having three or four. Many home cooks use these knives for virtually every job: their short blades, 3 to 4 inches long, makes them easier to control. They are best for small soft ingredients like shallots, mushrooms and peaches. Inexpensive thin-bladed knives with plastic handles are often the most practical choice. Small knives are difficult for home cooks to sharpen, and so simply replacing them when they get dull is nothing to be ashamed of.
- **Serrated knife:** A large serrated knife (a 10-inch blade is standard) is useful not only for slicing bread but for sawing through ingredients with firm rinds like butternut squash, lemons, watermelon and pineapples. The scalloped cutting edge makes neat slices of soft-skinned ingredients like tomatoes and eggplants.

Sharpening & Storage

- Keep knives sharp
 - Once a knife is dull – test it by drawing the blade along the edge of a piece of paper to see if it cuts – it needs to be sharpened.
 - With a manual sharpener, use gentle pressure while pulling the knife through, and test often as you go.
- Keeps you safe
 - sharp knives cut
 - dull knives slip

Tips:

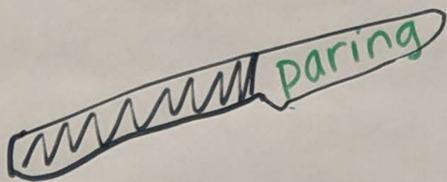
- Don't wait until a knife gets dull before taking care of it.
 - Sharpening every few weeks
- Use a cutting surface that won't dull them.
 - Glass cutting boards are much too hard, wood is gentlest, thick plastic is next best.
 - Make sure boards stay firmly in place on the counter by laying a kitchen towel underneath.
- For storage, prevent nicks
 - keep knives away from one another.
 - Store them in a block or on a magnetic strip; place them in a drawer

GiGi's Kitchen Purposeful Programming Kitchen Safety/Skill: Knife Skills 1

- There's no reason a knife with a synthetic handle and a stainless-steel or ceramic blade can't be safely washed in the dishwasher
 - place them so the knife can't get jostled around or the edge can't be chipped
 - knives with wood handles, high-carbon-steel blades and other sensitive materials should be washed by hand
- Small utility knives with very thin, flexible blades can't be sharpened, so it's best to find an inexpensive type that you like and replace them often.
- Serrated knives can't be sharpened either, so keep them out of harm's way.



Knife Skills!



Tip:

*Sharpen your knives!

*Store them in a drawer, a block, or on a magnetic strip.



HONEY LIME RAINBOW FRUIT SALAD

INGREDIENTS

- 1 LB FRESH STRAWBERRIES, CHOPPED
- 1 LB CHOPPED FRESH PINEAPPLE
- 12 OZ FRESH BLUEBERRIES
- 12 OZ RED GRAPES, SLICED INTO HALVES
- 4 KIWIS, PEELED AND CHOPPED
- 3 MANDARIN ORANGES
- *2 BANANAS, SLICED (OPTIONAL)

HONEY LIME DRESSING

- 1/4 CUP HONEY
- 2 TSP LIME ZEST
- 1 1/2 TBSP FRESH LIME JUICE



DIRECTIONS

1. Add all fruit to a large mixing bowl.

In a small mixing bowl, whisk together the honey, lime zest and lime juice.

Pour over fruit and toss to evenly coat, serve immediately.





