

Knife Safety Tips

HOW TO USE A CHEF'S KNIFE



- Secure your cutting board by using a board with rubber feet or putting a damp towel under the board.
- Hold the chef's knife close to the blade. This will give you better control.
- Your other hand will hold the food with fingers curled under. Your little finger and thumb should be behind your other fingers. This reduces the risk of you cutting the hand that is holding the food.
- Use a rocking motion coming down on the food and pushing slightly forward. Your non-knife hand moves as you chop the food. Don't raise the tip of the knife off of the board.
- Practice makes perfect and speed will come. Go slow at first until you have the hang of it, then build up your speed.

