

**Setting up the Work Area:**

1. This is the very first thing you do when setting up a work area. \_\_\_\_\_
2. To stabilize the cutting board, you should place this under the cutting board: \_\_\_\_\_
3. What does stabilizing the cutting board prevent?  
\_\_\_\_\_
4. Set up bowls for \_\_\_\_\_ product and for \_\_\_\_\_.

**Holding a Chef's Knife:**

5. Hold the chef's knife with \_\_\_\_\_ around the handle, \_\_\_\_\_ and finger on the \_\_\_\_\_ of the blade.
6. Remember – no \_\_\_\_\_ under the blade!

**The Chef's Knife:**

7. The spine of the knife can be used to do this: \_\_\_\_\_
8. The front of the blade is used for \_\_\_\_\_ cutting jobs like cutting onions, mushrooms, garlic and other small vegetables.
9. The mid section of the blade is used for \_\_\_\_\_ or \_\_\_\_\_ foods.
10. For firm foods, use this part of the blade \_\_\_\_\_.
11. The wide section of the blade is used for \_\_\_\_\_ or \_\_\_\_\_ foods.

**Knife Safety:**

12. Keep knives sharp! \_\_\_\_\_ knives are more dangerous than \_\_\_\_\_ knives.
13. Use a \_\_\_\_\_.
14. Pay \_\_\_\_\_!!
15. Cut \_\_\_\_\_ from yourself and others.
16. Don't catch a \_\_\_\_\_ knife.
17. Carry a knife \_\_\_\_\_.

**Basic Knife Cuts:**

18. Julienne: Looks like a \_\_\_\_\_
  - a. Dimensions are \_\_\_\_\_
  - b. Length \_\_\_\_\_
19. Brunoise:
  - a. A Dice Cut
  - b. Dimensions are \_\_\_\_\_
  - c. Made from a \_\_\_\_\_
20. Small Dice
  - a. Dimensions \_\_\_\_\_
21. Medium Dice
  - a. Dimensions \_\_\_\_\_
22. Diagonal
  - a. This cut is used to increase the \_\_\_\_\_ area of vegetables.
  - b. Cut vegetables on the \_\_\_\_\_

23. Chiffonade

- a. \_\_\_\_\_ and dry vegetables well.
- b. Carefully \_\_\_\_\_ any stalks.
- c. \_\_\_\_\_ and roll the leaves into a \_\_\_\_\_
- d. Slice crosswise into \_\_\_\_\_ inch strips.