



Hospitality and Catering

Knife Skills

Lesson 3

This course will enable you to become proficient in knife skills.





Different tasks

You should look at the tasks required of knives in the kitchen first.





Peeling fruit and veg

All fruit and vegetables need to be cleaned before preparing





Trimming

Some vegetables are served whole or in large pieces, they will require trimming to make the edges more even and presentable.





Traditional French cuts

There are terms used to identify the different sizes and cuts of vegetables.

These cuts will require:

- Slicing
- Dicing
- Chopping





Julienne

Vegetables cut into long thin strips. Typically the size of match sticks.

Used for stir fries and salads





Brunoise

Vegetables that are cut into fine dice. First into julienne and then turn to cut into dice about 3mm in size.

Used for salads and sauces and fine dining dishes





Macedoine

Vegetables cut into dice usually around a 1cm on all sides. Used in soups, salads and some main dishes.





Jardiniere

Vegetable cuts which are rectangle shapes and double the size of julienne. Used in soups and stews.





Paysanne

Vegetables cut simply. 'Peasant style' or rough chop. The shape can be the shape of the vegetable e.g. round slices of a carrot. 0.5 -1cm thick.

Used for stews, soups and basic cookery.





Preparing meat and fish

Most meat and fish is cooked and served without any bone.

This can be a dangerous job and requires concentration and skill.





Boning

Removing meat and fish from the bone, leaving just the flesh for cooking





Filleting

Removing small fillets of fish from the bones and the skeleton of the fish.





Meat and Fish

Once boned the flesh is prepared further:

- Trimming of fat and skin
- Slicing into steaks
- Dicing for stews and casseroles





Bread

Requires slicing with a serrated bread knife. This ensure that the minimum pressure is added to the bread while slicing and stops the moisture in the bread from squashing and sticking the bread together.





Herbs salad and fruit

Usually these items are sliced gently to prevent bruising, but can be diced and chopped for savoury and sweet salads.





Revision Activity 3

What different tasks are performed with knives?