Knife Cutting Techniques

Most knives work best when you use a forward-cutting motion, rather than a straight up-and-down motion. The former lets the knife do the work; the latter makes your arm apply more force.
- The best slicing motion begins by initiating the cut with the tip and pushing the knife forward across the food until you reach the heel. Follow all the way through the cut to achieve a fluid motion.
- Only a light touch is required because the sharp edge is doing the cutting.
- If you find yourself pushing down on the food, either your knife is dull or your technique needs adjustment.
- If you reach the heel before completing your cut, pull straight back and repeat the forward motion.

DIFFERENT TECHNIQUES
There are three different techniques to use, depending on the food.

Technique 1
For larger items that lay high on the cutting board (e.g., potato or onion), start with the tip of the blade on the object.

Technique 2
For smaller items (e.g., parsley, celery, or carrots), start with the tip of the blade on the cutting board.

Technique 3
For mincing small items (e.g., herbs or garlic), use a “rocking” motion. Place your guiding hand on top of the blade; this will help you pivot the knife repeatedly along its curved edge. Never lift the knife off your board.
THE GUIDING HAND

Whether you are dicing, making julienne cuts or straight slices, your other hand has a key role to play. It stabilizes the food you are cutting, guides the knife, and determines the size of your cut.

Make certain that your fingers are curled inward and your thumb is tucked underneath.

The side of the blade should rest against your knuckles, but NEVER the edge itself.

Remember to take things slowly at first. It is all about technique. With time, practice, and confidence, your speed will increase.