



CULINARY  
INSTITUTE OF  
CHILD NUTRITION

# CULINARY QUICK BITES

KNIFE SKILLS: BASIC KNIFE CUTS



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## KNIFE SKILLS: BASIC KNIFE CUTS

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Key Area: 2 – Operations

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# TRAINING OVERVIEW

The Culinary Quick Bites training series is a tool to help child nutrition professionals develop and refine their culinary skills. Each lesson is designed to last approximately fifteen minutes. Each lesson should be facilitated (led) by the person responsible for overseeing food production at a meal site, service area, or the district level.

Training facilitators should review the training, in its entirety, prior to conducting the training.

This training has been developed to address a variety of learning styles. The training includes an overview of the topic presented by the facilitator, an infographic to reinforce the training topic visually, a video to demonstrate the topic, and an activity to reinforce learning.

Please contact the Institute of Child Nutrition Help Desk at 1-800-321-3054 or [helpdesk@theicn.org](mailto:helpdesk@theicn.org) if you have any questions about how best to facilitate this training.

## KEY AREA

Key Area: 2 – Operations

## PROFESSIONAL STANDARDS

### FOOD PRODUCTION – 2100

Employee will be able to effectively utilize food preparation principles, production records, kitchen equipment, and food crediting to prepare foods from standardized recipes, including those for special diets.

2130 – Develop culinary skills necessary for school meal preparation.

## FACILITATOR'S NOTES

This training counts for 15 minutes of training credit under USDA Professional Standards learning objective 2130 – Develop culinary skills necessary for school meal preparation.

The activity at the end of the lesson involves practicing basic knife cuts. This activity helps reinforce knowledge and skills learned during this lesson. The food items prepared during this lesson may be included in the next day's menu production.

Before the training, prepare for the lesson activity and setup the kitchen workstation as described on page 11.

The activity involves potatoes, carrots, and spinach—this training can be used as part of a prep schedule. Have all staff you intend to train complete the activity to reinforce skills presented but also be able to use the vegetables in the week's recipes to minimize waste.

Deliver the lesson/training to participants:

- Read the lesson overview to the participants.
- Discuss the infographic and how it relates to the training topic.
- View the instruction video with participants.
- Answer any questions participants may have on the lesson, infographic, and video.

Complete the activity as instructed on page 12.



## MATERIALS NEEDED



- Anti-slip mat – 1 per person
  - Cutting board – 1 per person
  - Chef Knife – 1 per person
  - Vegetable peeler – 1 per person
  - Washed potato – at least 1 per person
  - Washed carrot – at least 1 per person
  - Washed spinach – at least 3 leaves per person
  - Waste pan – as needed
  - Food pan – as needed
  - Infographic: Basic Knife Cuts – 1 per person
  - Access to a screen to show the training video. Possible options include:
    - Site computer monitor with sound
    - Projector with sound
    - Tablets and smartphones
- A QR code has been provided for quick access to the video on handheld devices.

# LESSON OVERVIEW

## OBJECTIVE:

At the end of this lesson, participants will be able to identify the types of knife cuts most commonly used.

## KNIFE CUTS

- The most common cuts used in Child Nutrition Programs are the dice, julienne, batonnet, rondelle, mince, and chiffonade.
  - **Diced** foods are cut into cubes and can range in size from  $\frac{1}{8}$  inch to  $\frac{5}{8}$  inch.
  - **Julienne** and **batonnet** are rectangular cuts that may be referred to as “matchstick” cuts or “fajita pepper” cuts.
  - **Rondelle** is a slice cut, or cross-sectional cut, of round foods like carrot coins or cucumber slices.
  - **Chiffonade** is used for slicing foods like basil and spinach into long thin strips that resemble ribbons.

## KEY MESSAGES

- Safety should always be at the forefront of your mind when cutting food items. A best practice step that reduces risk is to “square-off” foods when you begin working with them. The term “squaring-off” refers to making a cut that creates a flat surface on the food, limiting the chances that the food will roll when cutting.
- Precision comes with practice. Take your time, practice the cuts frequently, and develop muscle memory.

## HOW TO USE THE DIFFERENT KNIFE CUTS

- Utilizing the infographic, review the different knife cuts.
- Review the embedded training video.

*After we review the infographic and video, there will be an activity to reinforce skills learned.*



## Culinary Quick Bites

### KNIFE SKILLS

## BASIC KNIFE CUTS

**Fine Julienne**



**Julienne**



**Batonnet**



**Small Dice**



**Medium Dice**



**Large Dice**



**Brunoise**



**Rondelle (Round)**



**Chiffonade**





# CULINARY QUICK BITES

## Knife Skills: Basic Knife Cuts

### WATCH THE VIDEO

<https://vimeo.com/695263841/ceeca4a339>

### QR CODE

Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.

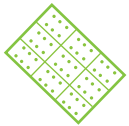


## ACTIVITY

Each participant will set up a cutting station.

### SETUP

#### MATERIALS:



Anti-slip Mat  
– 1 per person



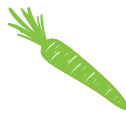
Washed potato  
– at least 1 per person



Food pan  
– as needed



Cutting Board  
– 1 per person



Washed carrot  
– at least 1 per person



Infographic: Basic Knife Cuts – 1 per person



Chef Knife  
– 1 per person



Washed spinach –  
at least 3 leaves per person



Vegetable peeler  
– use if preferred



Waste pan  
– as needed

**NOTE:** If your site does not have enough materials for all participants to complete the activity simultaneously, divide participants into groups based on your materials. Allow enough time for each participant to complete the activity. If time is limited, choose one of the cuts for participants to practice.

### SETUP INSTRUCTIONS FOR FACILITATOR

- 1** Prior to the training, gather all of the materials needed for the activity. Pre-wash the produce that will be used for the training. Set up a workstation for each participant with an anti-slip mat, cutting board, chef knife, and vegetables.
- 2** During the activity, remember to monitor and observe staff as they practice their culinary skills.

# ACTIVITY

## ACTIVITY INSTRUCTIONS FOR PARTICIPANTS

- 1** Refer the participants to the infographic. Then read the instructions for the activity. Ask the participants if there are any questions before beginning the activity.
- 2** Instruct all participants to wash their hands and put on single-use gloves before starting the activity.
- 3** Each participant will practice basic knife cuts. Instruct participants to take their time and practice their cuts carefully.
  - Using a potato, make the following cuts:
    - Batonnet
    - Julienne
    - Dice
  - Using a carrot, make the rondelle cut – straight and on a bias (at an angle).
  - Using spinach, practice the process of the chiffonade cut.
  - Discard waste

## POST ACTIVITY

- After completing the hands-on activity, recap the lesson with the participants. Offer an opportunity for participants to share their learning experience during the training and highlight any tips or takeaways they want to share with the group.
- If time allows, facilitate a discussion with the participants. Suggested discussion topics include:
  - Ask participants to share the knife cuts they use most in their current daily activity.
  - Ask participants to discuss current or potential menu items that would benefit from uniformed cuts.
- Ask if the participants feel more comfortable with the different knife cuts demonstrated or want more time to develop the skill further if time allows.
- Plan the next training session based on the needs of your staff.



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