



CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

KNIFE SKILLS: HOW TO CUT FOODS ON A BIAS



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The University of Mississippi, School of Applied Sciences
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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 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 cutting carrots on a bias. This activity helps reinforce knowledge and skills learned during this lesson. The carrots prepared during this lesson may be included in the next day's menu production.

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

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 11.

MATERIALS NEEDED



- Anti-slip mat – 1 per person
- Cutting board – 1 per person
- Chef knife – 1 per person
- Washed carrots– at least 2 per person
- Waste pan – as needed
- Food pan – as needed
- Infographic: How to Cut Foods on a Bias– 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 demonstrate how to cut foods on a bias.

GENERAL INFORMATION ABOUT CUTTING ON A BIAS

- A bias-cut simply means cutting on the diagonal.
- Three reasons why you may want to cut on the bias:
 - Visual appeal provides variety in shapes which increases eye appeal.
 - Surprise customers with unexpected shapes such as cutting food into triangles instead of squares or diamonds instead of rectangles.
 - Faster cooking because of greater surface area.
 - Better browning because of greater surface area.
- Cutting on a bias can apply to many different types of foods such as scallions, carrots, summer squash, celery, and bananas.

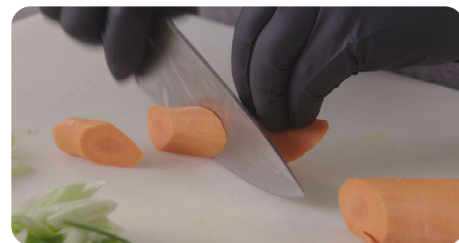
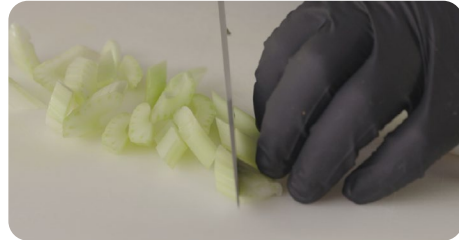
HOW TO CUT ON A BIAS

- Utilizing the infographic, review the process for cutting on a bias.
- 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

HOW TO CUT FOODS ON A BIAS



- 1 Cut off and discard any unusable ends of the vegetable.
- 2 Using your dominant hand, grasp the knife at the base of the spine between your thumb and forefinger, and wrap your remaining fingers around the knife handle.
- 3 Lay the vegetable horizontally on the cutting board and, with your non-knife-wielding hand, hold it down close to the end at which you'll begin cutting.
- 4 Hold the knife blade at a 45 degree angle to the vegetable with the tip of the knife angled toward your non-knife-wielding hand.
- 5 Begin slicing slowly toward your holding hand, making sure to keep your fingers tucked in so the blade is being guided by the knuckle of your index finger. Reposition your "claw grip" as needed to make sure your claw doesn't wind up a few fingers short!



CULINARY QUICK BITES

Knife Skills: How to Cut Foods on a Bias

[WATCH THE VIDEO](#)

<https://vimeo.com/695264055/3481355984>

QR CODE

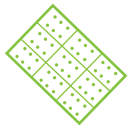
Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



ACTIVITY

SETUP

MATERIALS:



Anti-slip mat
– 1 per person



Washed carrot
– at least 2 per person



Infographic: How
to Cut Foods on
a Bias
– 1 per person



Cutting board
– 1 per person



Waste pan
– as needed



Chef knife
– 1 per person



Food 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.

SETUP INSTRUCTIONS FOR FACILITATOR

- 1** Prior to the training, gather all of the materials needed for the activity. Pre-wash the carrots that will be used for the training. Set up a workstation for each participant with an anti-slip mat, cutting board, chef knife, and carrots.
- 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 slice a carrot on a bias.
 - Instruct participants to take their time and practice their cuts carefully.
 - 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 discuss menu items for which a bias cut can be used to create more surface space for cooking.
 - Ask participants to describe how they can use the bias cut in their daily activities.
- Ask if the participants feel more comfortable with cutting on a bias 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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