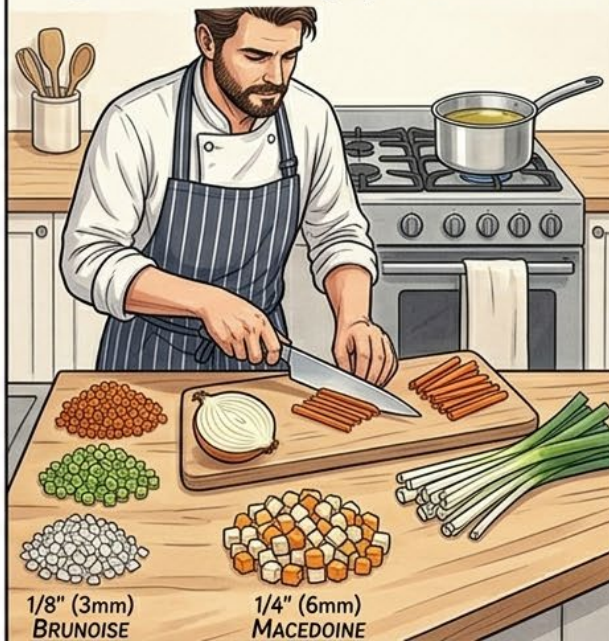


THE TURNÉD PARSNIP



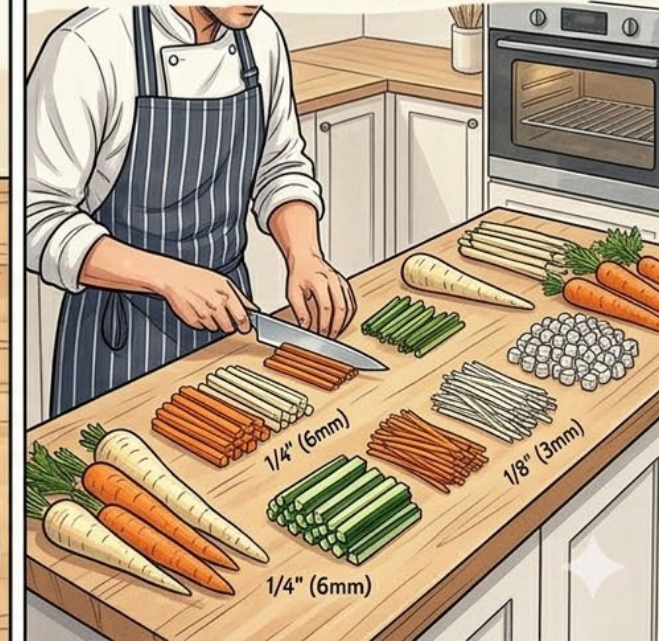
BRUNOISE & MACEDOINE



BASIL CHIFFONADE & PAYSANNE



BÂTONNET & ALLUMETTE



KNIFE SKILLS & CUISINE FUNDAMENTALS

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THREE PILLARS OF TODAY'S WORKSHOP

The Learning Framework

01



Safety First

Non-negotiable protocols for knife handling, passing, storage, and incident response — ready to post in any school kitchen.

02



Technique

Pinch grip, claw guard, honing, and six classical cuts: julienne, brunoise, dice, chiffonade, bias, and mince.

03



Application

Skills applied in a real mise en place context — a wok-tossed stir fry that rewards precision and punishes uneven cuts.

AGENDA

- Welcome & Orientation
- Knife Anatomy & Honing
Demo
 - Grip & Guard – Station Work
 - Essential Cuts – Live Demo
- Cut Practice & Coaching
- Mise en Place → Stir Fry
- Debrief & Classroom Transfer



NON-NEGOTIABLE IN EVERY CLASSROOM

Knife Safety Protocols

Handling

Always cut away from body · Pinch grip (thumb + index on blade) · Claw guard at all times · No gesturing with knife in hand

Passing

Set knife down blade-away, announce 'Knife down' · Never hand-to-hand · Walk with blade down and edge back

Boards & Station

Damp towel under board · Board large enough to contain food · Knives never in a soapy sink · Clear station between tasks

Dropped Knife

Never catch a falling knife — step back · Let it fall, then retrieve calmly · Teach verbal cue: 'Knife dropping!'

Storage

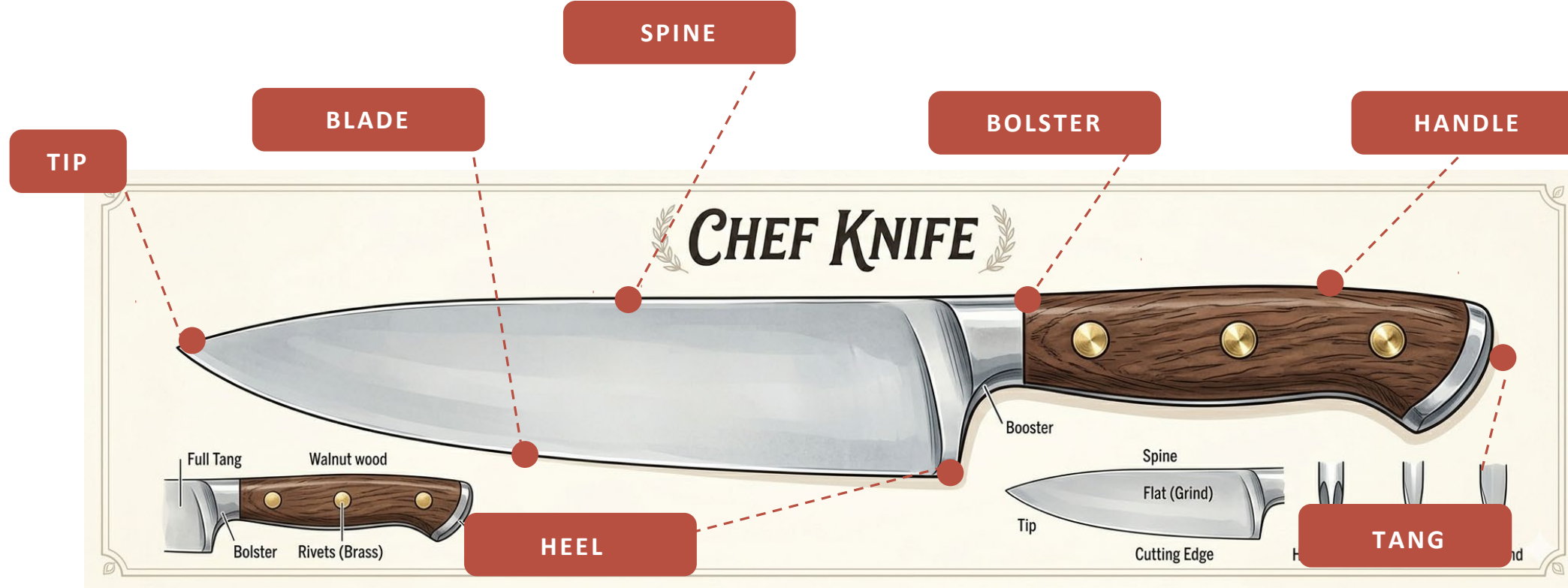
Return to magnetic strip, roll, or block · Hand-wash and dry only · Hone before AND after each use · Inspect for chips before class

Incidents

Know first aid location before class · Gloves on, direct pressure, document · Stop class calmly — never rush · Review protocols at semester start

Tip: Laminate these six cards — one per station — so students can self-monitor without constant verbal reminders.

Parts of a Chef's Knife



Tip

Used for detail work and scoring

Blade

The cutting surface — keep it sharp

Spine

The thick, blunt top of the blade

Bolster

Weight & finger guard between blade & handle

Heel

For tough cuts requiring more force

Tang

Blade metal extending into the handle

Handle

Grip — ergonomics matter for safety

01

Set the Angle

Hold the knife at 10–15° to the honing steel. A useful mental cue: imagine sliding a matchbook under the spine.

10–15°

02

Stroke Heel to Tip

Draw the blade down and across the steel in a single, smooth arc — from heel to tip in one motion. Light, consistent pressure only.

Heel → Tip

03

Alternate Sides

Alternate strokes: one pull on the left side of the steel, one on the right. Aim for 6–8 strokes per side before each use.

6–8 strokes



Honing ≠ Sharpening. Honing realigns the edge. Sharpening removes metal. A honed knife stays sharper longer — hone every time, sharpen only when honing stops working.

EVERY PARTICIPANT TESTS THEIR OWN KNIFE

Testing Sharpness & Your Three Knives

SHARPNESS TESTS

01

The Paper Test

Clean slice = sharp

Hold a sheet of printer paper vertical. Draw the blade lightly downward along the edge. A sharp knife slices cleanly. A dull one tears, drags, or deflects.

02

The Thumbnail Test

Catches = sharp

Rest the blade lightly on your thumbnail at 45°. A sharp edge catches and stays. A dull edge slides off without biting. No pressure needed — and no cutting!



Safety: thumbnail test requires zero cutting pressure — just rest and check.

TODAY'S THREE KNIVES

1

Chef's Knife

8" or 10" blade

Your primary tool. All major cuts — dice, julienne, chiffonade, mince.

2

Paring Knife

3–4" blade

Peeling, trimming, detail work. Tofu cubing, garlic prep, precise small cuts.

3

Serrated Knife

8–10" bread knife

Bread, tomatoes, anything with a tough exterior and soft



A sharp knife is always a safer knife.

DEMONSTRATED THEN PRACTICED BY EVERY PARTICIPANT

The Essential Cuts

1

Julienne

2" × 1/8" × 1/8"

Use: Stir fry, salads, garnish

Veg: Carrot, bell pepper

2

Brunoise

1/8" cube

Use: Aromatics, fine sauces

Veg: Shallot, carrot

3

Small Dice

1/4" cube

Use: Soups, stuffings, relish

Veg: Onion, potato

4

Chiffonade

Thin ribbon strips

Use: Herb garnish, basil, greens

Veg: Basil, spinach

5

Bias Cut

45° angle slice

Use: Stir fry, Asian technique

Veg: Celery, scallion

6

Mince

Very fine pieces

Use: Garlic, ginger, shallot

Veg: Garlic, ginger

EVERY TEACHER PROGRESSES AT THE RIGHT LEVEL

Differentiation by Experience



Beginner / Early-Career

- Grip and guard drills before any live cutting
- Dry runs with carrot — no blade contact at first
- Paired with experienced mentor teacher
- Focus: carrot julienne and small onion dice
- Recipe role: mirepoix or potato component
- Goal: walk away confident with one great cut



Experienced / Culinary-Trained

- Add brunoise, tourné, and paring knife work
- Lead peer coaching at their station
- Demonstrate chiffonade and tomato concassé
- Develop teaching language — not just technique
- Recipe role: group lead for mise en place QC
- Goal: a clear pedagogical scaffolding strategy

Peer coaching pairs: experienced teachers partnered with novices — differentiates naturally while building mentorship.

Classroom Adaptation Strategies



Scaffold zero-experience students

- Day 1: anatomy only — no cutting
- Day 2: grip drills with carrot, no blade contact
- Day 3: first live cut on a banana or cucumber
- One new cut per week — never rush the sequence



Station management (20–30 students)

- Max 6–8 cutting at once; others prep or observe
- Fixed roles: cutter, prep, QC, cleanup — rotate each session
- Color-coded boards by task (green = veg, red = protein)
- Bell or verbal cue to stop all knife work simultaneously



Assessment ideas

- Knife skills practical: timed cut evaluated for safety + consistency
- Photo log of mise en place before cooking — portfolio evidence
- Peer rubric: claw guard, grip, board stability, cut consistency
- Written reflection: 'How did cut size affect the final dish?'



Equity & inclusion

- Ergonomic handles or mezzalunas for dexterity challenges
- Plastic prep knives for grip drills before advancing to steel
- Advanced students coach peers — reinforces their skill too
- Invite students to share cuts from their own home cuisines

ProStart tip: Frame every knife skills lesson as competition prep — it maps directly to the ProStart Year 1 mise en place requirement and raises student engagement dramatically.

RECIPES





APPLIED RECIPE — 35 MINUTES

Wok-Tossed Vegetable & Tofu Stir Fry

Serves 5 groups of 5 · Active 30 min

Julienne

Bias Cut

Brunoise

Mince

Chiffonade

Cube Cut

MISE EN PLACE ROLES

- Person 1 — Julienne: carrots + bell peppers
- Person 1 — Bias cut: celery + scallions
- Person 2 — Aromatics: garlic mince + sauce
- Person 2 — Protein: press/cube tofu + snap peas
- Person 3 — Lead: chiffonade basil + QC all cuts

METHOD

1

Mise en place check

Before any heat: lead inspects all cuts. Inconsistent sizing = visible culinary consequence.

2

Mix the sauce

Soy, vinegar, sesame oil, honey, cornstarch. Introduce sauce science: role of starch as thickener.

3

Sear the tofu

High heat, single layer, don't touch. Contrast to sweating: heat level changes the outcome.

4

Aromatics

Scallion whites, garlic, ginger — 45 sec, constant motion. Key vocab: 'wok hei'.

5

Stir fry veg

Dense veg first (carrot, celery) → 2 min → bell peppers + snap peas → 2 min. Color = doneness.

6

Finish & plate

Sauce around edge of wok. Toss 30 sec. Off heat: scallion greens + basil chiffonade + sesame.

WOK-TOSSED VEGETABLE & TOFU STIR FRY

INGREDIENTS

- **Protein:** 1 block (14 oz) extra-firm tofu, pressed and cut into ¾" cubes
Sub: chicken breast strips or shrimp
- **Julienne cuts:** 2 medium carrots · 1 red bell pepper · 1 green bell pepper · 4 oz snap peas
- **Bias cuts:** 3 stalks celery · 4 scallions (whites + greens separated)
- **Aromatics (mince):** 4 garlic cloves · 1½" fresh ginger, peeled · 1 small shallot (brunoise)
- **Sauce:** 3 tbsp soy sauce · 1 tbsp sesame oil · 1 tbsp rice vinegar · 1 tsp cornstarch · 1 tsp honey or sugar
- **Finish:** 2 tbsp neutral oil (canola) · fresh basil or basil chiffonade · toasted sesame seeds · cooked jasmine rice to serve

Mise en place roles

Person 1	Pearson 2	Pearson 3
Julienne Carrots + bell peppers into 2" julienne strips, uniform width	Aromatics Garlic mince, ginger mince, shallot brunoise + mix the sauce	Finish & lead Chiffonade basil, cook rice, QC all mise en place before heat
Bias cut Celery and scallions on a 45° angle, ¼" thick slices	Protein Press and cube tofu, trim snap peas, separate scallion whites/greens	

METHOD

Mise en place checkpoint.

Before any heat is applied, Person 5 reviews all cuts for consistency. Julienne strips should be uniform width — this is the direct link between knife skill and cooking outcome. Uneven cuts = uneven cooking. Correct anything that needs it.

Mix the sauce.

Combine soy sauce, rice vinegar, sesame oil, honey, and cornstarch in a small bowl. Whisk until cornstarch is dissolved. Set aside. Facilitator note: discuss the role of cornstarch as a sauce thickener — connects to basic sauce science.

Sear the tofu.

Heat 1 tbsp neutral oil in wok or large sauté pan over high heat until shimmering. Add tofu in a single layer — do not crowd. Let sit undisturbed 2–3 min until golden. Flip, repeat. Remove and set aside. Discuss: *why high heat? why no touching?*

Aromatics first.

Add remaining oil. Add scallion whites, garlic, ginger, and shallot brunoise. Stir constantly for 30–45 seconds — do not let garlic burn. Facilitator: contrast this with the soup's "sweating." Stir fry runs hotter and faster — different technique, different result.

Stir fry the vegetables.

Add carrots and celery first (densest, need longest time). Toss 2 min. Add bell peppers and snap peas. Toss 1–2 min — vegetables should be vivid in color and crisp-tender, not soft. This is where consistent julienne pays off visually and texturally.

Finish the dish.

Return tofu to pan. Pour sauce around the edge of the wok (not over vegetables directly). Toss everything together 30 seconds until sauce coats and thickens. Remove from heat. Top with scallion greens, basil chiffonade, and sesame seeds.

Plate and debrief.

Serve over rice. Each participant evaluates their own cut: Are the julienne strips the same width? Did the bias cut celery cook evenly? Connect the knife work to what they're tasting — this is the core pedagogical moment of the workshop.

THANK YOU

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Stations Setup



Equipment Per Station (6)

- Wok
- Metal spoon/ Spatula
- Honing steel
- Honing steel
- Half hotel pan (scrap)
- kitchen towels
- Small mise en place bowls
- Sauce pan
- Vegetable peeler



Per group (x6 stations)

- Carrots (3ea)
- Onions (3ea)
- Potato (3ea)
- Celery (3ea)
- Basil (bunch)
- Garlic cloves (8ea)
- Scallions/green Onions
- Roma Tomatoes (6)
- Red Bell peppers (3)



Recipe (x6 stations)

- Tofu block (1ea)
- Red bell pepper (1)
- Green bell pepper (1)
- Shallots (1)
- Scallions (4)
- Ginger
- Snow peas (4oz)
- Celery Stalks (3ea)
- Jasmin rice 1 cup (cooked)
- Garlic (4)



Pantry table

- Cornstarch
- Soy Sauce
- Rice Vinegar
- Sesame oil
- Sesame seeds
- Honey
- Vegetable oil
- Salt & pepper