

MODULE 3: PREP & COOKING I | TRANSCRIPT

LESSON 3

Knife Safety

A knife is the most-used tool in the kitchen. With proper use and R.E.S.P.E.C.T., you can keep it from becoming a hazard, too.

Here are some important guidelines for safe, happy cutting of all the foods in your good food future. We'll dive deeper into many of these skills throughout this module, but memorize this list! Your fingers thank you in advance.

- 1.** Choose the right knife for the job, and make sure that knife is sharp. Dull knives can slip or roll, so, contrary to what you might think, a sharp knife is a safe knife.
- 2.** Always cut on a stable surface—place a damp cloth or gripper liner under your cutting board so that it doesn't slide on the countertop.
- 3.** When cutting, always give the task at hand your undivided attention.
- 4.** Take your time when cutting—go slow and mellow, enjoy the Zen benefits of chilled-out cutting.
- 5.** As often as possible, try to create a flat-sided surface on whatever food you are cutting to prevent rolling when cutting. An onion, for instance, should be cut in half and placed flat side down before slicing.
- 6.** When handing a knife to someone else, lay it down on a work surface and let that person pick it up by the handle.
- 7.** If you're traveling around the kitchen with a knife, or walking from one room to another, hold the knife straight down at your side with the sharp blade facing behind you.

- 8.** Don't place a knife into a sink full of dishes, or a sink full of water—you want to see the knife at all times, not blindly reach around for it. Plus, contact with other items in the sink can damage the blade.
- 9.** NEVER try to catch a falling knife—calmly move out of the way and let it fall.
- 10.** NEVER lick a knife blade, people.
- 11.** If you have a sheath or cover to store your knife, use those. Store knives in wooden blocks or trays or on a wall magnet.
- 12.** NEVER use a knife as a can opener—the knife can slip in unpredictable ways, or you could break the tip and who knows where it might land.
- 13.** Use kitchen scissors, not a knife, to open packages, boxes, or bags—this protects your fingers and the blade.