

Knife Skills, Sharpening and Safety

- **Always pick up knives by the handle.** Never touch the blade, even when it is dull.
- **Choose the correct size knife for the task that you are doing.** For instance, if you're cutting a strawberry, use a small knife like a paring knife. If you're cutting large cuts of meat into smaller pieces, then a larger, sharp knife would be the best choice. It is most important to choose a knife that feels comfortable and controlled in your hand.
- **Cut food items away from the body and always use a flat surface.** Cutting foods away from the body decreases the chances of an accident. Cut food on a flat surface (such as a cutting board), so it stays in one place. Do not hold food in your hand while you cut it. Be sure to keep it on the cutting board at all times to avoid having your knife slip and hurt you.
- **Wash knives immediately after use.** Do not place knives in a sink of soapy water to soak with other dishes. Be sure to take caution when cleaning the knife blade and let the knife air dry. When not in use, store knives safely. Knives are safe in a shield or in a drawer where the blade will not rub against other tools that could dull or damage the blade. Most importantly, keep them out of the way of kitchen traffic or reach of small children.

Rules for Knife

Safety Securely hold your knife

Anchor cutting boards

Fingertips curled back

Eyes on the knife

Take your time

Yield to falling knives

How to use a honing rod to keep knives sharp:

<https://www.cooksillustrated.com/articles/276-how-to-use-a-honing-rod>

NC State Cooperative Extension knife skills videos:

<https://localfood.ces.ncsu.edu/local-food-nutrition-health/cooking-local-foods/knife-skills/>

Check out this knife skills packet from Utah State University Cooperative Extension for more detailed information on knives, knife care, storage, and using your knives.

https://extension.usu.edu/files/publications/publication/FSC_Educational_Tools_2011-01pr.pdf

Additionally, this is an excellent resource from NY Times Cooking with video tutorials for different knife cuts.

<https://cooking.nytimes.com/guides/23-basic-knife-skills>