Knife Safety 101
Overview

- Anatomy of a knife
- Knife Safety Tips
- Types of knives and purpose
- Holding a knife
- How to cut an onion
- How to sharpen (Whetstone/ steel)
- Storage
- Summary
The Anatomy Of A Chef Knife

A: Knife Tip
B: Knife Back
C: Knife Cutting Edge
D: Knife Heel
E: Knife Bolster
F: Rivet
G: Knife Tang
H: Knife Butt
Knife Safety

1. A sharp knife is a safe knife. Using a dull knife is an invitation to disaster. If you try to force a dull knife through the surface of a food product, it’s more likely to slip and cause an injury.

2. Never, ever grab a falling knife. The best way to avoid having to think about this rule is to make sure your knife is always completely on your work surface, without the handle sticking out into traffic areas. Inevitably, however, it will happen from time to time, and you will have to make a quick decision to avoid an accident. Remember: a falling knife has no handle. Just get your hands and feet out of the way.

3. Use the right knife for the right job. Many knife injuries occur when laziness induces us to use the knife at hand rather than the correct knife for a job. Place your knife inventory where it is easily accessible so you won’t be tempted to make this mistake.
Knife Safety

4. **Always cut away from - never towards – yourself.** Sometimes this is a hard rule to follow. Again, don’t be lazy! If the angle is wrong, turn the product around. Or turn your cutting board around. By the way - if your cutting board doesn’t have rubber feet, you should place it atop a damp kitchen towel to make sure it doesn’t move while you’re cutting.

5. **When you have a knife in hand, keep your eyes on the blade.** I was taught this rule early on in culinary school. I have to admit that every single time I have cut myself, I was looking away from what I was doing. This rule stands whether you are cutting something or carrying a knife. The simple fact is: you’re unlikely to cut yourself if you’re watching the blade, especially the tip.

6. **Carry a knife properly.** If you’re carrying a knife through the kitchen, especially a busy commercial kitchen, there are often people hurrying everywhere. You **must** get used to the idea that the only way to walk with a knife in hand is to carry it pointed straight down, with the blade turned towards your thigh. Keep your arm rigid. Its also good practice when walking behind fellow employees to say “SHARP on your BACK!”
7. *Never, ever put a knife in a sink full of water.* In addition to soaking probably being bad for your knife handle, putting a knife in a sink full of (likely soapy) water is just asking for trouble. Wash your sharp knives by hand (not in a dishwasher!) and put them away immediately.

8. *Always cut on a cutting board.* Don’t cut on metal, glass or marble. This will ultimately damage a knife’s edge.

9. *Handing off a knife.* When handing someone a knife, you should lay the knife down on a solid surface and turn the handle toward them, they can now pick up the knife by the handle.
• Cutting boards should have a rubber mat, towel to help avoid the cutting board from sliding while cutting.

• (Tip) If you don’t have a rubber mat use 2 Rubberbands and wrap around the edge of the cutting board).

• Cut resistant gloves should be worn (especially cutting/deboning fish)
Removing Product

- Scraping the cutting board with the knife's edge to scoop product is a **BAD IDEA!**

- The blade will become dull over time.

- Use the back of your chef's knife to scrape the product from the cutting board which will extend the life of your blade.
Types of Knives

Chef's Knife
A chef's knife is usually the largest knife in the kitchen, with a wide blade that is 8" to 10" long. Choose a knife that feels good and balanced in your hand. The knife should have a full tang. This means that the blade should go all the way through the handle for the best wear and stability.
Types of Knives

- **Paring Knife**
  Paring knives are generally 2-1/2-4" in length. The most often used knife in the kitchen. It is ideal for peeling and coring fruits and vegetables, cutting small objects, slicing, and other hand tasks.
Types of Knives

Utility Knives

Utility knives are longer than paring knives but smaller than chef's knives, usually around 5-8" long. They are also called sandwich knives because they are ideal for slicing meats and cheeses.
Types of Knives

Boning Knife
This type of knife has a more flexible blade to curve around meat and bone. Generally 4-5" long.
Bread Knife
Bread knives are usually serrated. Most experts recommend a serrated knife that has pointed serrations instead of wavy serrations for better control and longer knife life. You must use a sawing motion when using a serrated knife.
To hold your knife in a professional grip, start by pinching the knife blade where it connects to the handle, between your thumb and index finger. Some people will pinch with the index, middle finger and thumb.

Next, slip your middle finger (if doing a single finger grip), or ring finger (if using a two finger grip) up behind the bolster of the knife. The bolster
Cutting an Onion

1) Use the CLAW METHOD, tucking all of your fingers

2) Balance the onion on the cutting board and slice off a small portion of the stem end.
Cutting an Onion

- 3) Balance the onion on the flat surface and cut it through the root end.

- 4) Peel the skin from each half of the onion using a paring knife.
Cutting an Onion

5) Once peeled, place the onion cut side down, and make vertical cuts of the desired thickness from the root to the stem end. **Do not cut all the way through the root end.**

6) Now make horizontal slices, making sure not to cut through the root end.
Cutting an Onion

6) Finally, slice down across the grid to produce your dice while always using the claw method to grip the onion.
How to use a Whetstone:

- Submerge the stone in water for about 5-10 minutes.
- Continue to apply water while sharpening. The stone releases small particles during the sharpening process. This powder in combination with water allows the sharpening.
- Place the stone on a slip-resistant base like a towel.
- Start by using the coarse grit of the stone.
- Move the blade back and forth at an angle of 10-15° using gentle pressure.
How to use a Whetstone:

- Start at the tip of the blade, continue with the middle section, and finish at the end of the blade. After a while you will notice a small burr at the edge.

- Now repeat the same process on the other side of the blade.

- Finally, turn the stone over and repeat the procedure, this time using the fine grit of the stone.

- In order to remove the remaining burr, pull the blade at an angle over the stone. Now you will have achieved the best sharpness.

- Rinse the stone and clean off the grinding residue. Clean your knife with hot water.
Sharpening Process
Sharpening Steel

• Sharpening steels should be used during the upkeep of a knife, not to sharpen a dull one.

• Sharpening steels are long, narrow rods made out of steel, ceramic, or diamond coated.

• They deform and realign the blade into its original shape, which is why sharpening steels are important to use immediately before and after a knife is utilized.
Diamond Steel

For very-high-carbon steel cutlery, the diamond steel is the preferred type of honing device for the job. According to the Culinary Institute of America, these steels are impregnated with bits of diamond to provide the ultimate in hard-knife honing. Actual diamonds are harder than any type of knife and can therefore sharpen even a very-high-carbon stainless steel knife to a fine edge. Softer metal knives such as an all-carbon knife should be used with care against a diamond honing steel to prevent excessive breakage of the metal.
- Slotted knife holder
- Knife kit (blade covers)
- Custom-built drawers
- Magnetized bars
Summary

Do

- Use a knife suitable for the task and for the food you are cutting
- Keep knives sharp
- Cut on a stable surface
- Handle knives carefully when washing up
- Carry a knife with the blade pointing downwards
- Store knives securely after use, in a scabbard or container

Don't

- Leave knives loose on worktop surfaces where they can be accidentally pushed off
- Try to catch a falling knife
- Use a knife as a can opener
- Carry knives while carrying other objects
- Engage in horseplay with a knife
- Carry a knife in your pocket

For deboning, it is recommended that a suitable protective glove is worn on the non-knife hand, and a chainmail or similar apron is worn.