

# JR. CHEF AFTERSCHOOL



## KNIFE HANDLING TECHNIQUES

**Chop:** Chopped usually means to cut your ingredients into large squares. Generally, 1/2 to 3/4-inch pieces or according to the recipe. Chopping usually has more leeway on the exact size than other methods.

**Rough Chop:** Ingredients cut into slightly bigger squares than a chop.

**Sliced:** For slices, just cut vertically down on your ingredients and you're all set. Typically you can slice these as thick or thin as you prefer, but recipes will occasionally recommend a thin or thick slice.

**Diced:** Diced is basically small chops. This would mean around a 1/4 to 1/8-inch chunks of food.

**Brunoise:** The Brunoise technique is an additional step after you have completed Julienned your ingredients. Once your ingredients have been julienned, you then dice again to create small cubes.

**Mince:** Cuts as small as you can with a knife. You'll run into mincing every now and again with various vegetables, but most commonly, garlic.

**Julienne:** The Julienne Cut is a very fine cut where the thickness of each slice is between 1-2mm. After cutting the vegetables into thin rectangular cuts, the fine slice technique is used again to create thin match stick shapes.

**Chiffonade:** A slicing technique in which herbs or leafy green vegetables (such as spinach and basil) are cut into long, thin strips. This is accomplished by stacking leaves, rolling them tightly, then slicing the leaves perpendicular to the roll.

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## STRAWBERRY SPRING SALAD

### Ingredients:

1 head Red Romaine lettuce, roughly chopped into bite-sized pieces or Spring Mix  
1/2 small red onion, thinly sliced  
1/4 cup sliced almonds  
6-8 strawberries, rinsed and sliced  
1/2 cup crumbled feta or blue cheese  
Avocado

Balsamic Vinaigrette  
1/2 cup olive oil  
1/4 cup balsamic vinegar  
1 1/2 tablespoons Dijon mustard  
1 tablespoon honey  
2 small cloves garlic, peeled  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper

### Directions:

1. Add all salad ingredients together in a large bowl
2. To make the dressing, place the balsamic vinegar, Dijon mustard, honey, shallot, garlic, salt, and pepper in a bowl and whisk until blended. Slowly add in the olive oil and mix well.
3. Serve vinaigrette over the salad immediately or refrigerate for up to 2 days. You may need to whisk the dressing again when you take it out of the refrigerator.

Recipe adapted from [www.allrecipes.com](http://www.allrecipes.com)

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