

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 Juliennening 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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WINTER POMEGRANATE & PEAR SALAD

Ingredients:

Yield: 4-6 servings

1 head Romaine Lettuce, roughly chopped into bite-sized pieces
1 ripe pear, cored and diced
1 avocado, peeled, pitted and diced
2/3 cup nuts such as walnuts, pecans or almonds(optional)
2/3 cup goat, blue or feta cheese
1/2 thinly sliced red onions
seeds from 1 pomegranate

Citrus Vinaigrette

1/3 cup orange juice
1/3 cup olive oil
1/4 cup white balsamic vinegar (or white wine vinegar)
1 Tbs honey
1/2 tsp kosher salt and 1/4 tsp black pepper

Directions:

1. Add all salad ingredients together in a large bowl
2. Add all vinaigrette ingredients into a bowl and whisk until blended.
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.gimmesomeoven.com

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