



## HOME CHEF PRO

# Session Two

## Honing Your Knife Skills

**Classes featured:** Knife Skills—Anatomy and Honing, Knife Skills—Carrots, Celery, and Onions, Knife Skills—Herbs, Peppers, and Roots

### OBJECTIVES

- Know the hallmarks of a quality kitchen knife.
- Become proficient at handling and using a chef knife.
- Learn the fundamental vegetable cuts.

### SKILLS SPOTLIGHT

- Safe and efficient knife use
- Honing versus sharpening your knife
- Hands-on cutting techniques

### HANDS-ON LEARNING

- Slice, dice, and mince celery, onion, garlic, carrot, bell pepper, turnip, and parsley.

# Before you start: Session two

## EQUIPMENT LIST

To help you keep pace with the chef, we recommend you have all the items from this list clean, ready, and within reach before class begins.

- 1 cutting board
- 1 chef knife
- 1 dinner plate or platter
- 1 sanitizer towel with sanitizer solution (1 Tbsp of bleach mixed with 4 cups of water)

## ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.

## SHOPPING LIST

### Produce

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2 large carrots

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1 bunch celery

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1 onion

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1 bulb garlic

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1 bunch parsley

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1 turnip

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## AGENDA

### Dice

Celery  
Onion  
Carrot  
Bell pepper  
Turnip

### Dippers

Carrot  
Celery

### Slice

Onion  
Bell pepper

### Mince

Garlic

### Rough Chop

Parsley



## LECTURE SUPPLEMENTS

### TYPES OF KNIVES

Below are the types of knives available for you to buy; the only one you really need is the chef's knife.



### ANATOMY OF A KNIFE

