










Knife Safety and Cooking Terms

SAFE KNIFE HANDLING SKILLS

<p><u>Make sure knife is sharp.</u> You are more likely to cut yourself with a blunt knife. (A knife shop will sharpen your knives professionally)</p>	
<p><u>Hold knife securely.</u> Use a proper chef's knife grip as shown. This provides more control. (The thumb grips the knife around the top of the blade, with the hand wrapped around the handle)</p>	
<p><u>Secure cutting boards.</u> With a damp cloth or damp paper towel so the board does not move when cutting.</p>	
<p><u>"THE CLAW GRIP"</u> Hold food using the claw grip. This keeps fingers tucked away from the cutting blade. (The first knuckle of the hand holds the food, with the fingers curled inward. The knife rests against the second knuckle.)</p>	

Knife Safety and Cooking Terms

<p><u>Make a flat firm base on food.</u> Cut a flat surface on round food, providing a firm base and making it easier and safer to cut.</p>	
<p><u>Place sharp edge away from you.</u> When you are not using the knife place the sharp edge of the blade facing away from you.</p>	
<p><u>Stop using knife if disrupted.</u> Stop cutting if an interruption occurs or you are busy talking.</p>	
<p><u>Do NOT put knife in sink of water.</u> Never leave knives soaking under water. Always place on the side of the sink.</p>	
<p><u>Keep knives securely stored away.</u> Store knives properly in a safe place with the handle easily accessible.</p>	

Knife Safety and Cooking Terms

<p><u>Carry knives facing down.</u> Always carry knives by holding the handle and the point facing down, with the cutting edge angled slightly away from you.</p>	
<p><u>DO NOT try to catch a knife if it falls.</u> Step away and let the knife fall to the ground.</p>	
<p><u>Match the knife to the task.</u> Cut large objects with a large knife. Cut small objects with a small knife.</p>	

Knife Safety and Cooking Terms

COOKING EQUIPMENT

Stove Top:



Oven:



Grill:



Microwave:



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SMALL KNIFE (Paring Knife)



LARGE KNIFE (Chef's Knife)



Bread Knife



Measuring Cups

1/4 cup, 1/3 cup, 1/2 cup, 1 cup



Measuring Spoons

1/4 teaspoon, 1/2 teaspoon, 1 teaspoon, and 1 Tablespoon



Oven Proof Dish

(Ceramic oven proof dish)



Baking Dish

(Deep metal dish)



Baking Tray

Flat metal tray



Colander (strainer)



Skewers

Metal



Bamboo



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Chopping Boards

Different coloured boards should be used for different items such as blue for fish; green for vegetables; yellow for chicken and red for meat. Brown boards are used for cooked meat and white boards for bread, pastries and cakes.



Electric Beaters



Pots



Fry pan



Grater



Pastry brush



Roasting Rack



Sifter



Sieve



Knife Safety and Cooking Terms

COOKING TERMS

BAKE:



To cook in an oven, which should always be pre-heated to the required temperature before the food goes in. (There is usually an indicator light on the outside of the oven that turns off when the oven reaches the required temperature). For best results, place food in the centre of the oven. Baking is a dry cooking method while **Roasting** is a moist cooking method.

BOIL:



Heat a liquid until it bubbles. The faster the bubbles rise and the more bubbles you get, the hotter the liquid. Some recipes call for a gentle boil (barely bubbling) or a rolling boil (just short of boiling over). Watch so it does not boil over (to do this uncover or remove lid). Boiling occurs at 100°C.

BRAISE:



A moist cooking method using a little liquid that barely bubbles on the top of the stove or in the oven. This is a good way to tenderize cheaper cuts of meat. The pan should be heavy and shallow with a tight-fitting lid to keep the liquid from boiling away. Stock and herbs can be used to flavour your choice of liquid and vegetables to cook with the meat.

BEAT:



To work a mixture together using electric beaters or a wooden spoon. This action combines ingredients and adds air to a mixture.

Knife Safety and Cooking Terms

BROWN:



Cook until the food goes light brown. Usually used for frying or baking. This browning of the meat can be used to make gravy and adds flavour.

FOLD:



A gentle mixing method that moves the spoon down to the bottom of the bowl and then sweeps up, folding what was on the bottom up over the top. This is used to mix delicate ingredients such as whipped cream or beaten egg whites. These ingredients have air whipped into them, so you do not want to reverse that process by mixing too hard.

SIMMER:



Heat to just the start of a boil and keep it at that point for as long as the recipe requires. The recipe will usually call for either constant stirring or stirring at certain intervals.

Simmering occurs just under 100°C.

MAKE A WELL:



Push dry ingredients (usually after they have been sifted) to the side of the bowl to form an indentation in the centre. Liquid ingredients are then poured into this centre well.

MARINATE:



To soak food (usually meat) in a sauce type mixture (marinade) which will flavour or make meat tender. Use ceramic or glass dishes to do this, not metal or plastic.

Knife Safety and Cooking Terms

SIFT:



Put dry ingredients like flour and spices through mesh. This removes lumps and unwanted particles. This process also adds air which will lighten the finished food.

STEAM:



To cook vegetables over a pan of boiling water (instead of in the water). This cooking process keeps the nutrients in fresh vegetables.

Abbreviations for Cooking

tsp = teaspoon = 5ml

tbsp = tablespoon, which equals 4 teaspoons or 20ml

C = cup (250ml)

g = gram

oz = ounce

lb = pound

mg = milligram

kg = kilogram (1000g)

ml = millilitre

L = litre (1000ml)

min = minute (60 seconds)

hr = hour (60 minutes)

mod = moderate

doz = dozen (12)

pinch or a dash = less than 1/8 of a teaspoon

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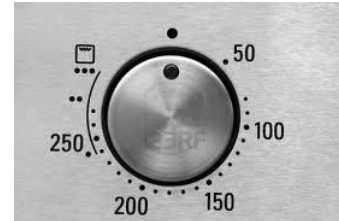
Temperatures

Celsius temperatures for ovens:

Low Heat 130°C - 180°C

Medium or Moderate Heat 180°C - 200°C

High Heat 200°C - 250°C



Temperatures for gas stoves have different coloured flames:

BLUE FLAME = Low Heat



YELLOW FLAME = Medium Heat



RED FLAME = High Heat



Electric stove top temperature settings are:

LOW

MEDIUM

HIGH

