

# IN THE KITCHEN with TAKE A BITE OF BC!

## KNIFE SKILLS



[Watch our knife skills video](#) to learn from BCAITC's Chef Randle about knives in the kitchen. Practicing your knife skills can take your dish from tasty and amazing to *tasty, amazing and beautiful!*

Learning different cuts, and then using them on different BC veggies, helps your dishes to look beautiful, you get the most out of your ingredients, and your produce cooks more evenly.

### DIFFERENT TYPES OF KNIVES

It is important to choose the right knife for the job

**PARING KNIFE:** This knife is lightweight and has a short blade with a pointed tip. It is useful for delicate knifework, such as topping strawberries and coring tomatoes.



**SERRATED KNIFE:** This knife is also known as a bread knife. It has a long, straight blade with a serrated edge that is perfect for sawing through soft items while keeping them intact.



**FILLET KNIFE:** A fillet knife is used for filleting or thinly preparing fish or meat. It is flexible, which allows it to move easily along the backbone and under the skin of the meat.



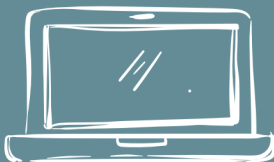
**BONING KNIFE:** A boning knife is a type of kitchen knife with a sharp point and a narrow blade. It is used for removing the bones of poultry and meat.



**CHEF'S KNIFE:** This is the most versatile type of kitchen knife. A chef's knife has a long, wide blade that tapers to a sharp point. This design allows it to rock back and forth quickly for fast mincing and chopping.



Learn more about how BC Greenhouse veggies are grown by watching [a tour of a BC greenhouse.](#)



### ALSO...

Greenhouses only take up 0.01% of BC's farmland but produce 11% of BC's total agriculture production.

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## KNIFE SKILLS

### TOOLS TO USE WHEN PRACTISING KNIFE SKILLS

- Honed knife
- Cutting board
- Silicone mat or damp towel to secure cutting board
- Ruler
- Fresh BC veggies

### A SHARP KNIFE IS SAFER THAN A DULL KNIFE!

Ways to keep your knives sharp:

1. Never put your knives in the dishwasher.
2. Use a steel to hone your knife before every use.

**Honing:** is just maintaining an edge on your knife that is already sharp. A honing steel pushes the edge of the blade back into alignment, so it is no longer rounded, and the burrs are removed.

### DIFFERENT TYPES OF KNIFE CUTS:

**JULIENNE:** A technique used to prepare vegetables by cutting them into matchstick-shaped pieces.

**BRUNOISE:** A culinary knife cut in which the food item is first julienned and then diced, producing cubes of about 3 mm.

**MEDIUM DICE:** This cut measures 1 cm x 1 cm x 1 cm and is a smaller version of the large dice.

**LARGE DICE:** A culinary knife cut measuring 2 cm x 2 cm x 2 cm. This square cut is most often used for vegetables.

**BATONNET:** A cut creating a rectangular stick that measure 6 mm x 6 mm x 5 cm.



Julienne



Brunoise



Medium Dice

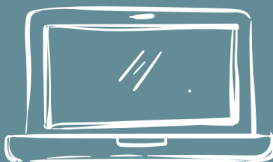


Large Dice



Batonnet

Explore more [BC Greenhouse Veggie Recipes by Chef Randle here.](#)



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## KNIFE SKILLS

### Knife Skills Video Student Handout

NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_

Match the vocabulary word with its definition.

#### Julienne

A culinary knife cut where the food item is first julienned and then diced, producing cubes of about 3 mm.

#### Batonnet

This cut measures 1 cm × 1 cm × 1 cm, and is a smaller version of the large dice.

#### Large Dice

A culinary knife cut measuring 2 cm × 2 cm × 2 cm. This square cut is most often used for vegetables.

#### Medium Dice

A technique used to prepare vegetables by cutting them into matchstick-shaped pieces.

#### Brunoise

A cut creating a rectangular stick that measures 6mm × 6mm × 5 cm.

Identify the type of knife by writing its name on the line below it.



1. \_\_\_\_\_



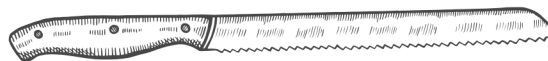
2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_

PARING KNIFE / FILLET KNIFE / CHEF'S KNIFE / BONING KNIFE / SERRATED KNIFE

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## KNIFE SKILLS

### Knife Skills Video Student Handout Answer Key

NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_

Match the vocabulary word with its definition.

**Julienne**

A culinary knife cut where the food item is first julienned and then diced, producing cubes of about 3 mm.

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**Large Dice**

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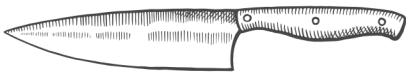
**Medium Dice**

A technique used to prepare vegetables by cutting them into matchstick-shaped pieces.

**Brunoise**

A cut creating a rectangular stick that measures 6mm × 6mm × 5 cm.

Write the name of the knife below the picture of it .



1. CHEF'S KNIFE



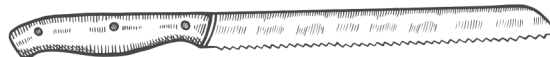
2. FILLET KNIFE



3. PARING KNIFE



4. BONING KNIFE



5. SERRATED KNIFE



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BCAITC's Chef Randle

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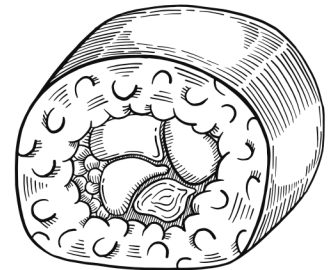
## BC GREENHOUSE SUSHI VEGGIE ROLLS

YIELD: 3 sushi rolls

- 3 nori sheets
- 200g (1 cup) sushi rice
- 5mL (1 tsp) salt
- 5mL (1 tsp) sugar
- 50mL (1/4 cup) rice wine vinegar
- 1/2 BC Greenhouse cucumber
- 1 BC Greenhouse red bell pepper
- 1 BC Greenhouse orange bell pepper
- 1 BC Greenhouse yellow bell pepper
- 30mL (1 Tbsp) black and white sesame seeds

### Method

1. Rinse thoroughly and drain 1 cup of sushi rice. Cook according to package directions.
2. Season cooked rice with rice wine vinegar, salt, and sugar. Let cool to room temperature.
3. Julienne BC cucumber and BC bell peppers.
4. Lay out a bamboo sushi mat and line mat with nori seaweed paper. Cover surface with cooked and seasoned sushi rice. Gently distribute rice over top of nori carefully without pushing too firmly on the rice.
5. In the center of the lined mat, place cucumber and bell peppers, and BC roasted tomato sriracha aioli. Roll into cylinder, slice and serve. Garnish with black and white sesame seeds and extra aioli.



[Watch Chef Randle prepare this dish here](#)

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## BC GREENHOUSE ROASTED TOMATO & SRIRACHA AIOLI

- 3 medium, or 10 cherry, BC Greenhouse tomatoes
- 250 mL (1 cup) Mayonnaise
- 15 mL (1 Tbsp) Sriracha
- 1/2 lime, juiced
- 1 clove garlic, finely minced
- 15 mL (1 Tbsp) parsley, fresh or dried
- Salt and pepper to taste



### Method

1. Preheat oven to 400 F. Place tomatoes on parchment lined baking tray.
2. Cook for 10-15 minutes or until lightly caramelized. Let cool.
3. Crush tomatoes using your hands or a fork and strain out excess juices.
4. Using a blender or food processor mix tomatoes and all other ingredients until smooth.
5. Fill a squeeze bottle with the aioli for easy distribution on the sushi rolls.