

KNIFE SAFETY



A sharp knife and good technique can make you fast and efficient in the kitchen, but you have to respect these tools and always keep your mind focused on what you are doing.

If you go to the video section of this website: www.jamieshomecookingskills.com/videos you'll find helpful videos of all sorts of knife skills. Practice these until they start to feel natural. DO NOT try to chop or slice quickly right away. It takes years of practice for chefs to be able to slice, dice and chop quickly and you're bound to hurt yourself if you try to imitate this.

TIPS FOR KNIFE SAFETY

- This might sound strange, but one of the easiest ways to avoid accidents in the kitchen is to ensure your knives are sharp. If you use a blunt knife, you'll have to use more force when you push down and that's when things can slip. Keep knives sharpened using a long metal rod called a 'steel' and watch the video in the video section to learn how to do this safely: www.jamieshomecookingskills.com/videos/how-to-sharpen-knives.
- Use the right knife for the right job. A paring knife should be used to trim and peel smaller ingredients, a chef's knife for chopping, dicing and slicing, and a serrated bread knife to halve a loaf of bread.
- Always lay a damp cloth, tea towel or piece of kitchen paper underneath a chopping board before using. This will stop the board slipping as you chop.
- Keep the handle of your knife clean. If you get grease or oil on it, stop what you're doing and wash it off so your grip on the knife is good at all times.
- Do not walk around the kitchen with the blade of your knife facing out! Hold it facing down, and tell people what you are doing so they don't bump into you.
- Pay attention to what you're doing. It only takes a fraction of a second to make a mistake.
- When you've finished with a knife, either clean it and put it away immediately, or put it somewhere where people can see it. The worst place you can leave a knife is in a sink under a whole lot of other stuff, or in soapy water where other people might reach in to wash something without thinking.
- If you don't have a knife block for your knives, lay them flat in an uncluttered drawer where everyone can see them. Putting them in a drawer with tongs, whisks, wooden spoons and other utensils where you have to rummage around is a bad idea.

