

Relish Mama

BRINGS
YOU...

Types of Kitchen Knives

+ the different parts of a knife

BY NELLIE KERRISON





Welcome

I believe that good food and the memories surrounding us are the sweet spot for us all. When a meal is shared, the hectic pace seems to stop, and we pause to enjoy each other around beautiful food. It is the one thing that can bring us together in such a meaningful way.

My dream way back in 2009 of reaching & helping people to cook beautiful food & to share my favourite recipes is as prevalent now as ever. I also feel more strongly than ever before just how important it is for us to take moments to pause & truly connect. A meal does exactly this. Whether on a busy midweek evening with your family or a Friday night with others to share a laugh with.

It is my hope to provide the inspiration and the magic to make these moments simpler, more relaxed and more delicious.

My food philosophy is simple: 'Eat and cook real food'. I aim to provide you with the skills and confidence to do just that. And to provide you with inspiration to create and enjoy the magical moments that happen when families and friends come together to connect over a meal.

I hope you find value in this basic smart kitchen knife skills course.

Any questions or feedback, please don't hesitate to get in touch.

Nellie xx

Types of Kitchen knives



A chef's knife or cook's knife has a long, wide blade and a straight edge. It is widest across the heel (part of the blade closest to the handle) and tapers off to a finely pointed tip. It has a curved blade that makes it perfect for chopping and dicing a lot of vegetables at once using a rocking motion.

The thicker broad heel makes it stronger and can stand more pressure so it is ideal for thicker foods and more heavy duty cutting for example onions, carrots and potatoes. A chef's knife is the one knife that all chefs have as it is the most versatile and can be used for chopping, mincing, dicing.

A bread knife has a long, evenly sized, sharp, grooved serrated blade allowing a chef to saw through softer textured items without crushing and ruining the shape of the item.

The bread knife is used for cutting breads, croissants, bagels, bread rolls and can also be used for slicing through a cake with a soft fluffy texture without damaging or collapsing it by knocking out the air of the cake.

Types of Kitchen knives



A paring knife has a short, thin, evenly-sized blade and can be serrated or not. One of the most popular knives in the kitchen, it can be used to chop, slice, dice, and cut fruit and vegetables but can also be used for various other kitchen tasks such as peeling, de-coring and trimming.

The curved paring knife has a rigid, short, curved blade with a very sharp edge. It is used to peel vegetables and fruit. The handle has been carefully designed to prevent slipping when peeling.

A filleting knife has a long, thin flexible blade and a sharp tip, allowing you to pierce skin of fish and delicately remove flesh from bone without damaging the flesh of the fish. A filleting knife looks similar to a boning knife but is lighter and more flexible.

A boning knife is short and slim with a rigid, very sharp blade and a fine pointed tip. The boning knife is used to cut through cartilage and is perfect to debone a meat cut, removing the bone without damaging the flesh. More delicate meats such as duck and chicken will require a flexible boning knife which are also available.

Types of Kitchen knives



A carving knife has a long, slim blade, tapering to a sharp point. Its narrow, long blade produces less drag creating a clean cut through the meat. The carving knife will produce neat, thin and even slices of meat and is perfect for carving poultry, beef, lamb and pork. Because of its length, it is also useful for cutting through large fruit and vegetables such as melons, squash, pumpkins and courgettes and can even be used for cutting cakes.

A Santoku knife, native to Japan, originally called santoku bocho knife or knife with 'three uses'. The Santoku knife can be used for precise cutting, dicing and mincing. It has a long, slightly tapered blade and a drop point, usually with dimpling on the blade to prevent food sticking to the metal whilst cutting. This blade allows it to be used for intricate cutting work and you will usually see them used for cutting raw fish or preparing sushi.

The Santoku knife is versatile and can be used for various tasks such as cutting vegetables and it can also stand in as a utility knife or chef's knife when needed.

Types of Kitchen knives



A cleaver has a flat, rectangular-shaped flat blade and is often referred to as a butcher's knife.

Used in butcheries, a cleaver is used to chop raw meat, chop through bone or to portion meat before cooking. Cleavers come in a variety of sizes from small to large and the choice will depend on what it is to be used for. Because of its size and weight, it is also useful to crush garlic or ginger on a chopping board.

A salmon knife has a very long, flexible blade with a double edge. Salmon knives are used to slice, fillet and skin larger fish such as hake and salmon. The blade is slim enough to be inserted between the skin and the flesh without damaging the fish and then cut the fish into neat and tidy fillets. Salmon knives can also have indentations in the blade (dimpling), which helps to stop the raw fish from sticking to the blade.

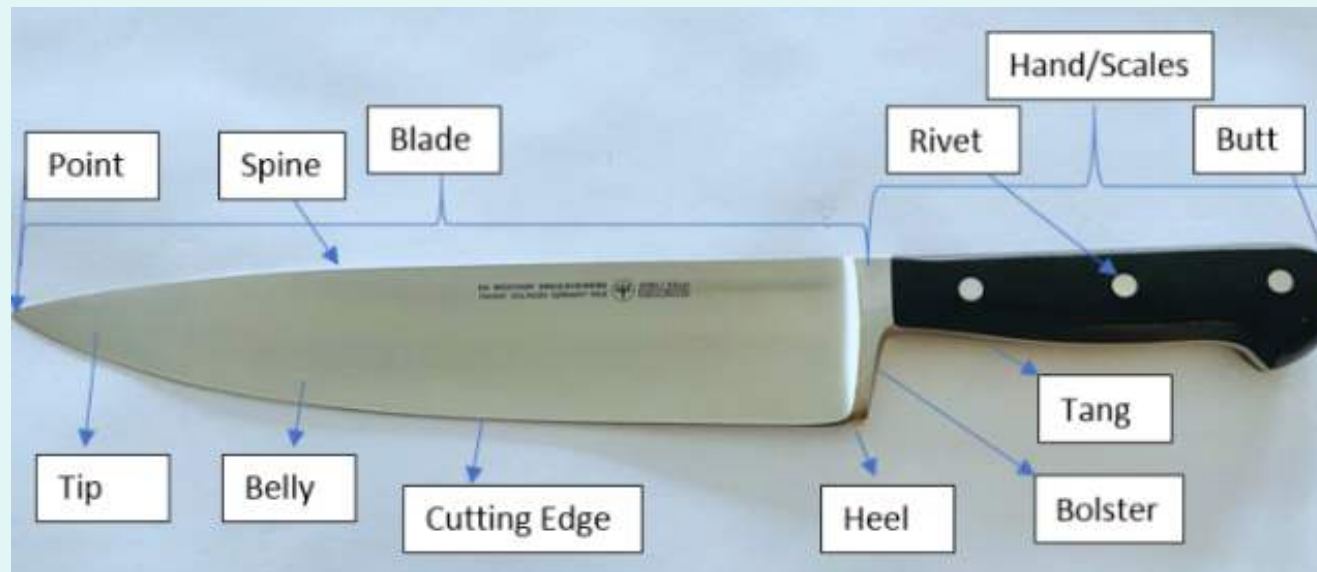
A fillet knife (also called a filleting knife) gives good control and aids in filleting. It is a very flexible member of the boning knife family that is used to filet and prepare fish. Fillet knife blades are typically 15 to 28 cm (6 to 11 in) long.

The different parts of a knife

If you know the parts of a knife, how they affect the way you hold and cut with the knife, you will understand the balance of the knife and how best to hold the knife so that it's the most comfortable for you.

Cutting, chopping and using your knife properly means you have maximum control of your knife and you minimize fatigue and especially injury.

The following picture shows the different parts of a knife.





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