

Knowledge Organiser

Food & Nutrition

Topic: Food Preparation



Jardinière

Julienne

Macedoine

Batonnet

Chiffonade

Brunoise

Turning

mas-i-dwahn

bah-tow-NAY

BROON-wahz



Knife Holds

The Claw Grip



To use the claw grip, shape your hands into a claw shape tucking the thumb inside the fingers

The knuckle to fingertips part of the hand acts as a barrier against the knife blade when being held in the claw grip shape.

It is safer to use a large knife with a flat-sided blade than a smaller one for this reason.

Place the item you want to cut flat side down on a chopping board and the rest the claw on the item to be sliced.

Hold the knife in the other hand. Use the knife point as a pivot (it should not leave the board). As you slice, the food moves towards the knife; this reduces the health and safety risk.

Bridge Hold










To use the bridge hold, first place the flat surface of the item on a chopping board

Now from a bridge with the thumb and index finger of one hand and hold the item on the chopping board.

Hold a knife in the other hand and position the blade under the bridge formed with your hand. Firmly cut downwards.

There are specific terms used for vegetable cuts relating to the size and shape of the outcome

Cooks Knife		Dicing, chopping, trimming vegetables, meat, poultry, fresh herbs.
Paring Knife		Fruits, vegetables
Boning Knife		Removing bones from meat and poultry.
Filleting Knife		Filleting fish
Carving Knife		Carving meat
Bread Knife		Slicing bread
Palette Knife		Icing cakes, turning food during cooking, moulding, smoothing food.

Classification of Meat

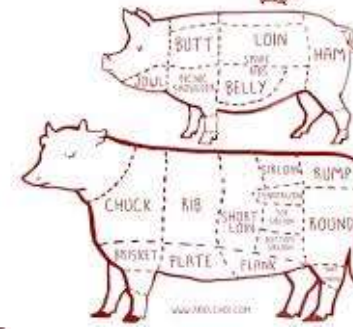
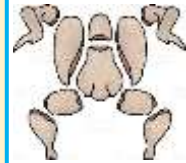
4 main meat sources –
 Animals – pork, beef, lamb.
 Poultry – chicken, turkey, duck, goose.
 Game – feathered or furred.
 Offal – tongue, tripe, kidney, heart, brain, trotters.

Boning A Chicken

Remove the legs by cutting down through the skin, in-between the joint. Turn the chicken over and break the leg- pop it out of the joint.

Find the knuckle and cut through the leg, this separates the thigh and drumstick. Cut through the joint to remove the wing. Cut a V shape on either side of the wish bone to release it, cut through the knuckle at the base.

Remove the breast from the carcass.



Knife Safety Rules

The correct knife should be used for the appropriate job.

Knives must be kept sharp and clean; a blunt knife is more likely to cause a cut because more pressure needs to be applied to use it to cut.

Knife handles must be grease-free

The point must always be downwards when carrying a knife.

Knives should not be put in the washing up bowl.

A Knife must not be left on the edge of the table or chopping board

