

Culinary - Cutting Terms Lab

Feel free to ask questions as you work, but please DO NOT work ahead. At the end, you will place all of your different cuts on your cutting board to be graded. Remember, this is a learning experience, I don't expect your cuts to be perfect! ☺

Step 1 – Wash your potato



Step 2 – Peel the potato



SAFETY

Remember that peelers have a blade. Always guide the peeler away from you – not toward your body.

Step 3 – Cut your potato into quarters



Step 4 – Use 1 of the 4 sections. Using a corer, remove a center piece.



Step 5 – Use a fork to score the center piece.



Step 6 – Slice a small section from the piece that is left after the core was removed. Take this small piece and grate the potato.



SAFETY

Graters are made to cut! That means it can cut your skin as well! Always make sure you have a secure hold on the item you are grating so that your hand does not slip which could cause a cut.

Step 7 – Using another of the 4 sections, make slices using the entire piece.



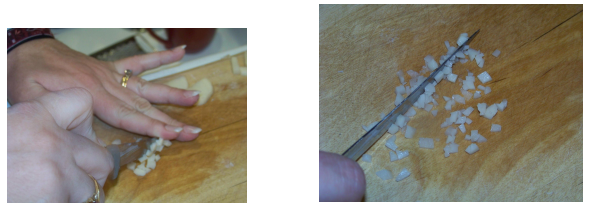
Step 8 - Use 1 of the slices and cube the potato.



Step 9 – Now use a slice to dice.



Step 10 – Now use a slice and mince.



SAFETY

Use a rocking motion when chopping. Use your non-dominate hand to steady your knife so that you do not lose control of your knife which could cause an injury.

Step 11 – Use another section to cut strips.



Step 12 – Now make slivers



Arrange
your cutting
board like
this
example to
be graded

