

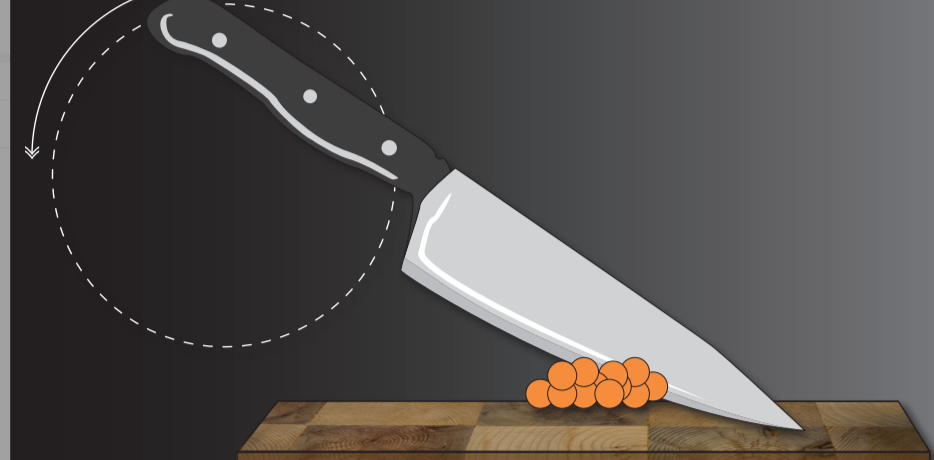
HOW TO CHOP

THE ROLLING TECHNIQUE

The rolling technique is perfect for dicing chives, carrots or celery, using a rolling motion to get a fine chop. For this technique you will also need to use the claw grip technique to ensure your fingers are protected from the sharp blade, whilst helping you to get a precise and professional cut.



Line your food up so you can chop multiple items at a time (this may not be appropriate for larger items such as carrots). Use the claw grip to get a secure and safe grasp of the food, and then place the point of the knife in front of the food, resting on the chopping board.



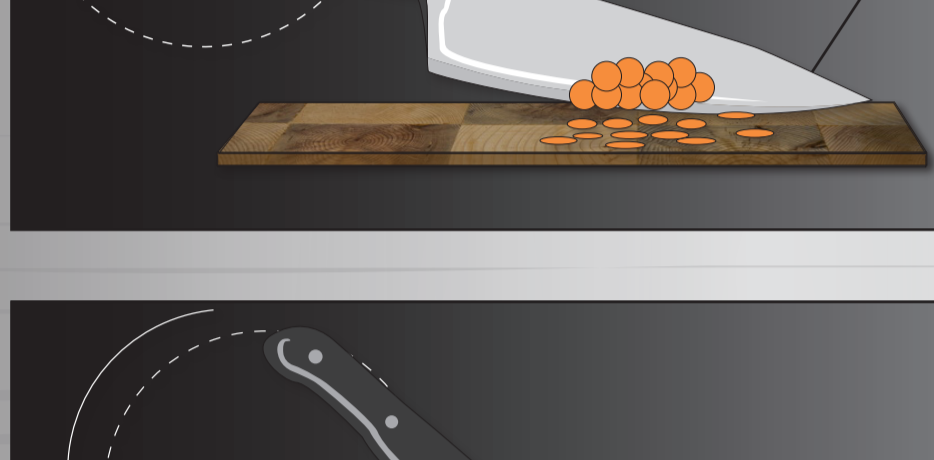
Push the knife downwards in small strokes, also pushing it forward with a fluid motion as it falls to get a clean chop.



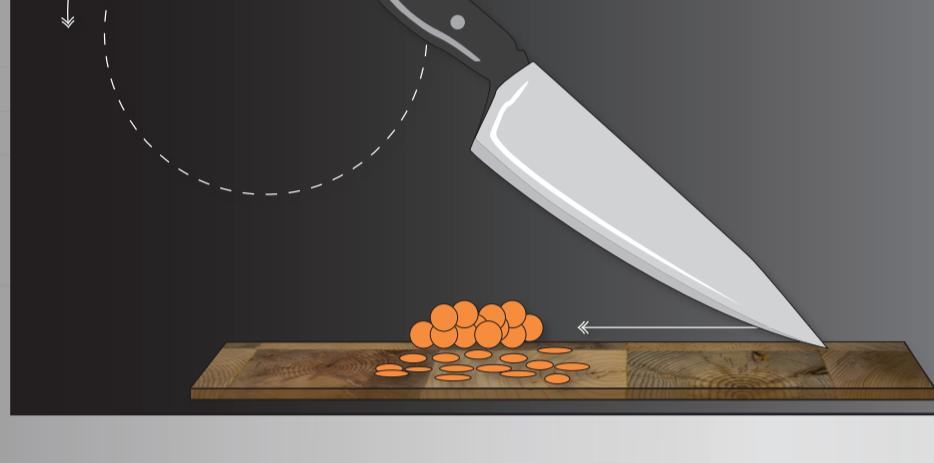
Ensure the tip of the knife never leaves the chopping board, this adds to the stability and speed of the technique.



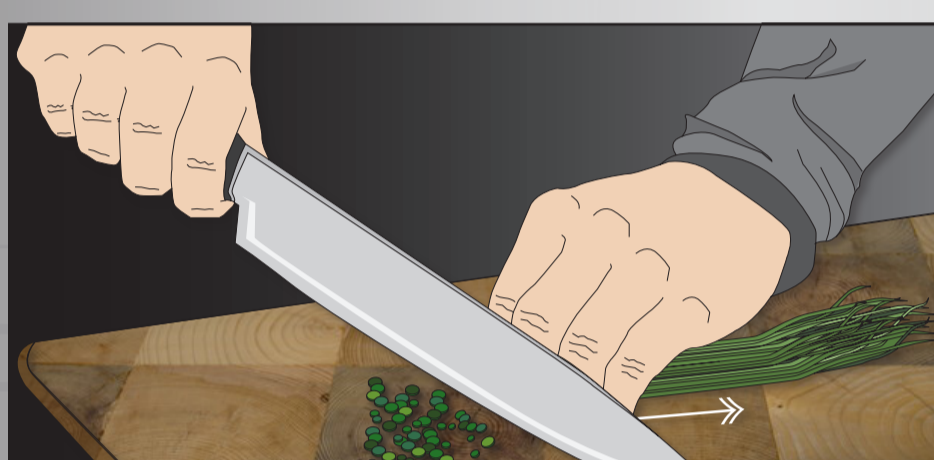
TIP: The hand holding the knife determines the cut, the claw hand should only secure the food in place - don't push the food into the knife with your claw grip.



As you chop, pull your claw grip back along the food you're chopping. This ensures the food is always stable whilst you cut, and keeps your finger tips safe from the sharp blade.



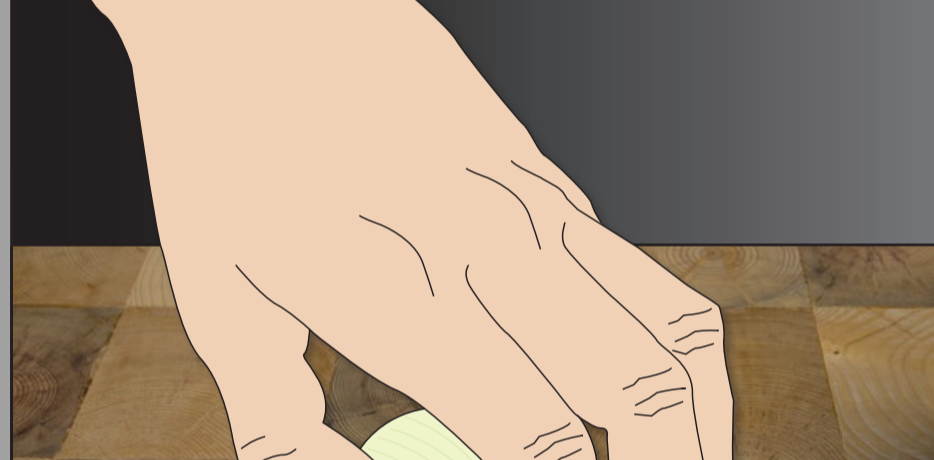
As you chop, pull your claw grip back along the food you're chopping. This ensures the food is always stable whilst you cut, and keeps your finger tips safe from the sharp blade.



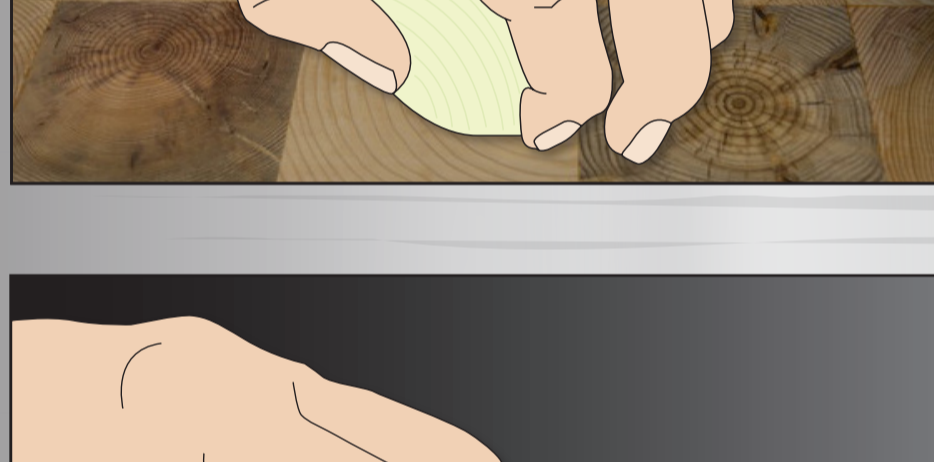
As you chop, pull your claw grip back along the food you're chopping. This ensures the food is always stable whilst you cut, and keeps your finger tips safe from the sharp blade.

THE CLAW GRIP TECHNIQUE

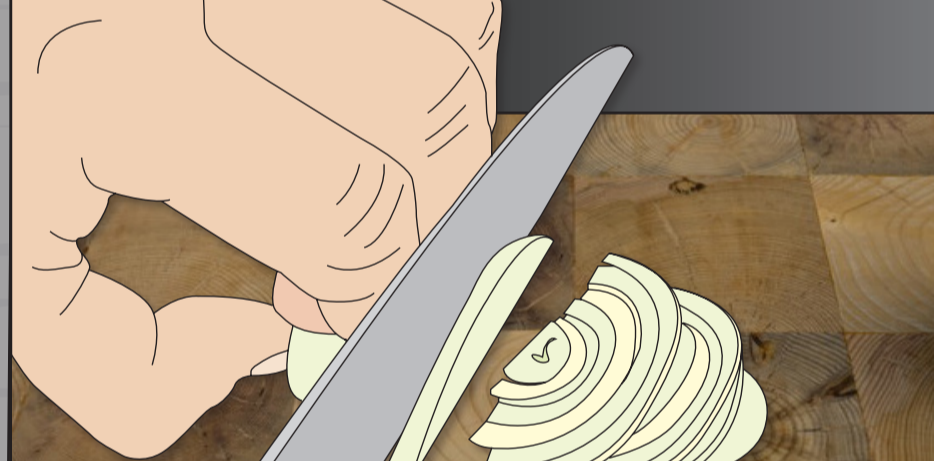
The claw grip technique is designed to keep your fingers safe from sharp blades when preparing food. Simple to learn and endlessly beneficial, the claw grip will help you speed up food prep whilst maintaining complete safety, an essential skill for chefs of all levels.



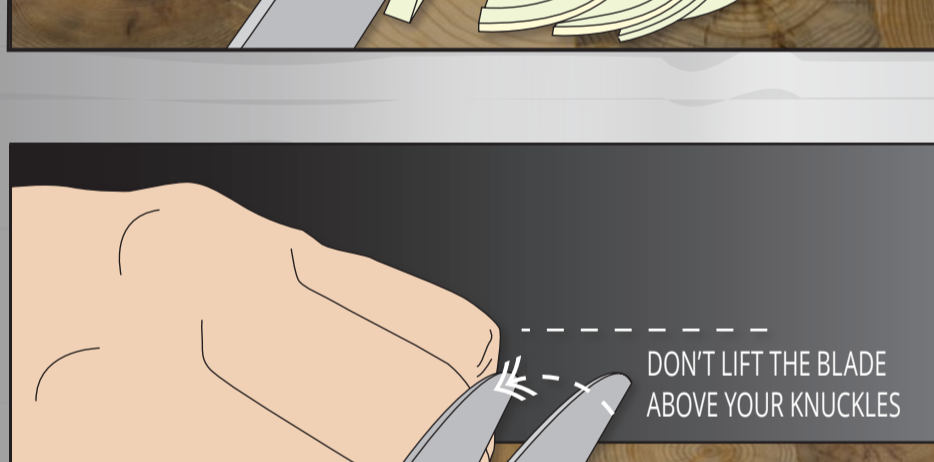
Start by shaping your hand as if you are about to pinch, resting the tips of your fingers on the food and your thumb behind your fingers. Ensure the foremost part of your hand is your knuckles, not your finger tips.



Hold down the food with your little finger and thumb, your other fingers should act as stability and control whilst you cut.



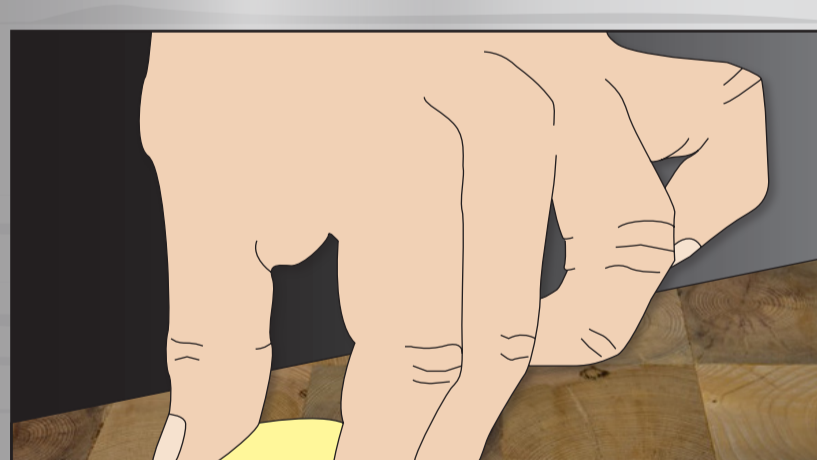
With your knife in the other hand, move the knife in a cutting motion, allowing the knife to brush against your knuckles as you cut. Gently move your claw hand away from the knife as it cuts through the food. The knife should briefly brush against your knuckles, keeping your fingertips protected at all times.



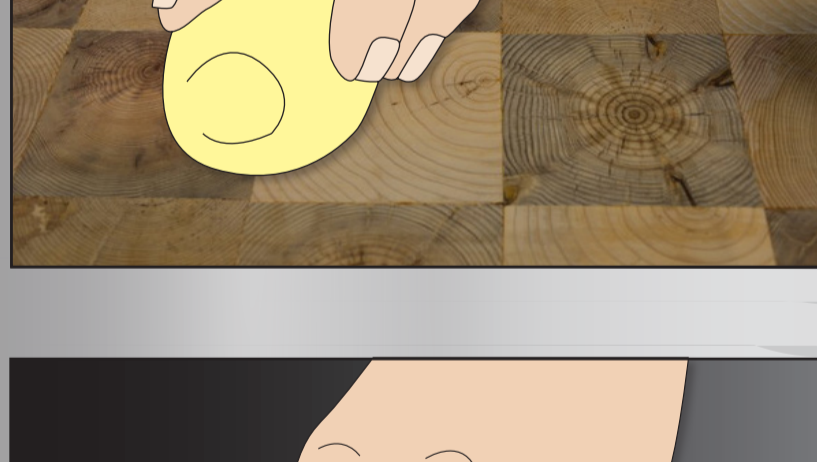
With your knife in the other hand, move the knife in a cutting motion, allowing the knife to brush against your knuckles as you cut. Gently move your claw hand away from the knife as it cuts through the food. The knife should briefly brush against your knuckles, keeping your fingertips protected at all times.

THE TUNNEL TECHNIQUE

The tunnel technique is designed to keep your fingers safe when chopping food stuffs such as potatoes, as your fingers create a tunnel shape that surrounds the knife, keeping the blade away from your finger tips at all times. The 'tunnel' creates a clamp like hold on food that stops it from slipping away whilst you cut.



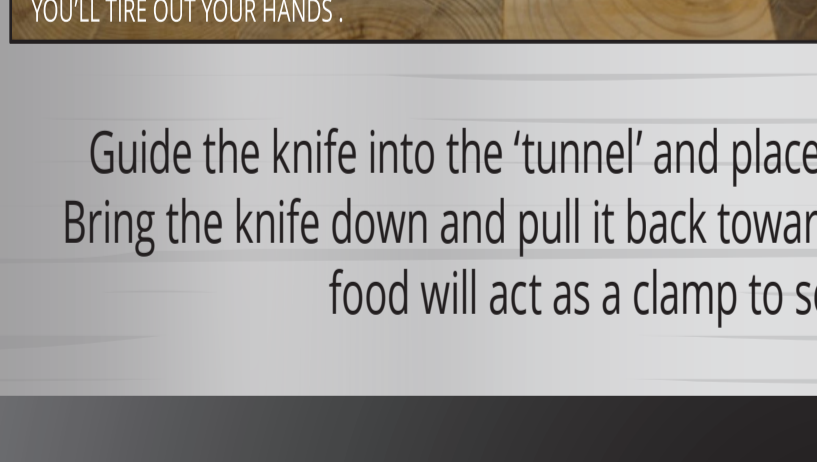
Create a tunnel shape using your index finger, middle finger and thumb, placing your finger tips on the sides of the food you're chopping. Arch the palm of your hand up to get the tunnel shape. This creates the perfect slot for your knife.



Guide the knife into the 'tunnel' and place the point of the knife on the chopping board. Bring the knife down and pull it back towards you to slice the food. The fingers holding the food will act as a clamp to secure the food as it is cut in two.



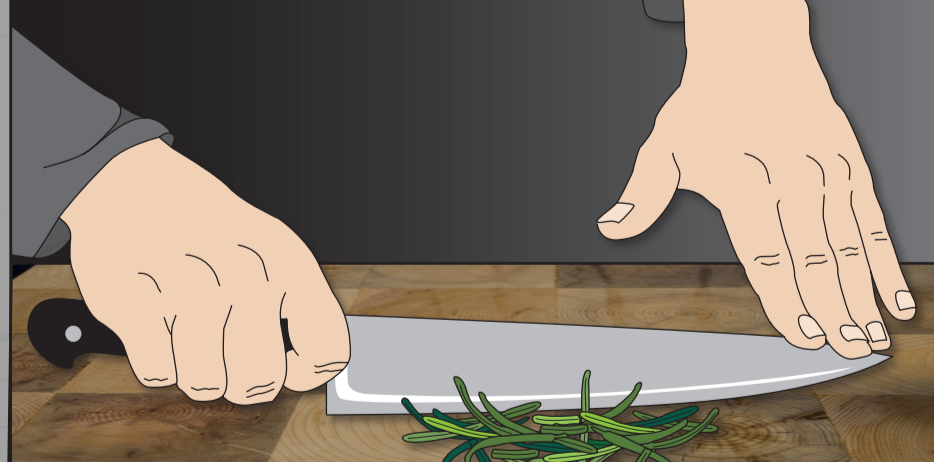
Tip: Don't hold the food too tight with this grip, you'll tire out your hands.



Grip the food enough that it doesn't move when you cut through it.

THE MINCING TECHNIQUE

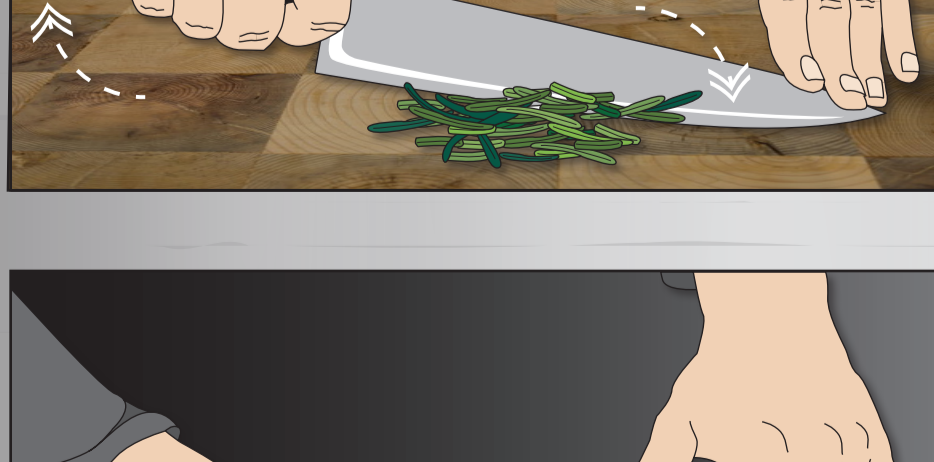
Mincing is the go-to technique for chopping robust herbs such as rosemary and thyme, as well as meat, utilising a characteristic upwards and downwards movement from the tip of the blade to the heel. Using the mincing technique with a chef's knife helps you to get a fine mince and will speed up your food preparation times, helping you to work quicker and more effectively in demanding kitchens, or at home.



Wrap your hand around the handle of the knife, getting a firm grip. Place the fingers of your other hand on the back of the blade towards the tip - this gives you the control when rolling the knife.



Lift the knife from the handle in up and down motion, keeping the TIP on the chopping board. This creates a rocking motion that slices through herbs.



You don't need to lift the blade very high for this technique and most of the cutting should be down towards the heel end of the blade.



Continue chopping the herbs or meat until they are as finely chopped as you like.



Tip: Remember to use the back of the blade when collecting herbs into a pile, using the blade to gather can blunt the knife.