

### *Slicing*

- Start with the knife at a sharp angle and with the tip of the knife on the cutting board.
- Move the knife forward and down to slice through the product.
- Finish the cut with the knife against the cutting board. For the second slice, raise the knife and pull backward. The tip of the knife should always be on the cutting board.

### *Dicing*

- Cut the product into even slices of the desired thickness.
- Stack the slices and slice across the stack in even pieces.
- Stack the slices again and slice again.
- Chopping with a Chef's Knife
- Start by holding the tip of the knife against the cutting board with the guiding hand.
- Rock the knife rapidly up and down at the same time, while gradually moving the knife sideways across the product on the cutting board. The cuts should pass through all parts of the product.
- After several cuts, redistribute the product and start again.
- Continue until all the product is chopped to the desired fineness.

Knives are necessary tool to be used safely! To learn safety tips and techniques, watch :

#### **Safe Knife Handling Practices**

Training Video at RO.com. See your manager for details.



# Sample Kitchen Training Manual

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