

**Knife Holds:**

**Claw grip:**

- Hand shaped like a claw
- Tuck your thumb inside fingers
- Place item flat side down
- Food moves towards knife, knife should not leave the board

**Bridge Hold:**

- Flat surfaces into chopping board
- Form a bridge over the food
- Blade should be under the bridge and firm cut downwards



**Knife Safety Rules:**

- Use the correct knife for the appropriate job
- Knives must be kept sharp and clean
  - Grease-free knife handles
- Point must always be downwards when carrying a knife
- Do not put a knife in the washing up bowl
- Knives must not be left of the edge of a table or chopping board

	<b>Jardinière</b> Baton-shaped lengths		<b>Julienne</b> Matchstick-sized strips
	<b>Macédoine</b> Medium-sized dice		<b>Batonnet</b> Square-shaped lengths
	<b>Chiffonade</b> Fine shreds of leafy green vegetables		<b>Turning</b> Barrel-shaped vegetables

Fish
<ul style="list-style-type: none"> <li>• White fish e.g. cod/haddock</li> <li>• Flat fish e.g. sole/plaice</li> <li>• Oily fish e.g. salmon/tuna</li> <li>• Shellfish:                             <ul style="list-style-type: none"> <li>• Crustaceans e.g. crab/prawn</li> <li>• Molluscs e.g. oysters/mussels</li> </ul> </li> </ul>

Animals
<ul style="list-style-type: none"> <li>• Pork</li> <li>• Beef</li> <li>• Lamb</li> </ul>

Poultry
<ul style="list-style-type: none"> <li>• Chicken</li> <li>• Turkey</li> <li>• Ducks</li> <li>• Goose</li> </ul>

Game
<ul style="list-style-type: none"> <li>• Venison</li> <li>• Rabbit</li> <li>• Pheasant</li> </ul>

Offal
<ul style="list-style-type: none"> <li>• Liver</li> <li>• Tongue</li> <li>• Kidney</li> <li>• Heart</li> <li>• Brain</li> <li>• Trotters</li> <li>• Tripe</li> </ul>

RED	RAW MEAT	Meat	Temperature	Time per 500g
BLUE	RAW FISH	Pork	75-80°C	30 mins + 15 mins
YELLOW	COOKED MEATS	Poultry	75-80°C	20 mins + 20 mins
GREEN	SALAD & FRUIT PRODUCTS	Beef	Rare: 52°C	20 mins
BROWN	VEGETABLE PRODUCTS	Lamb	Well Done: 75-80°C	30 mins
WHITE	BAKERY & DAIRY PRODUCTS			

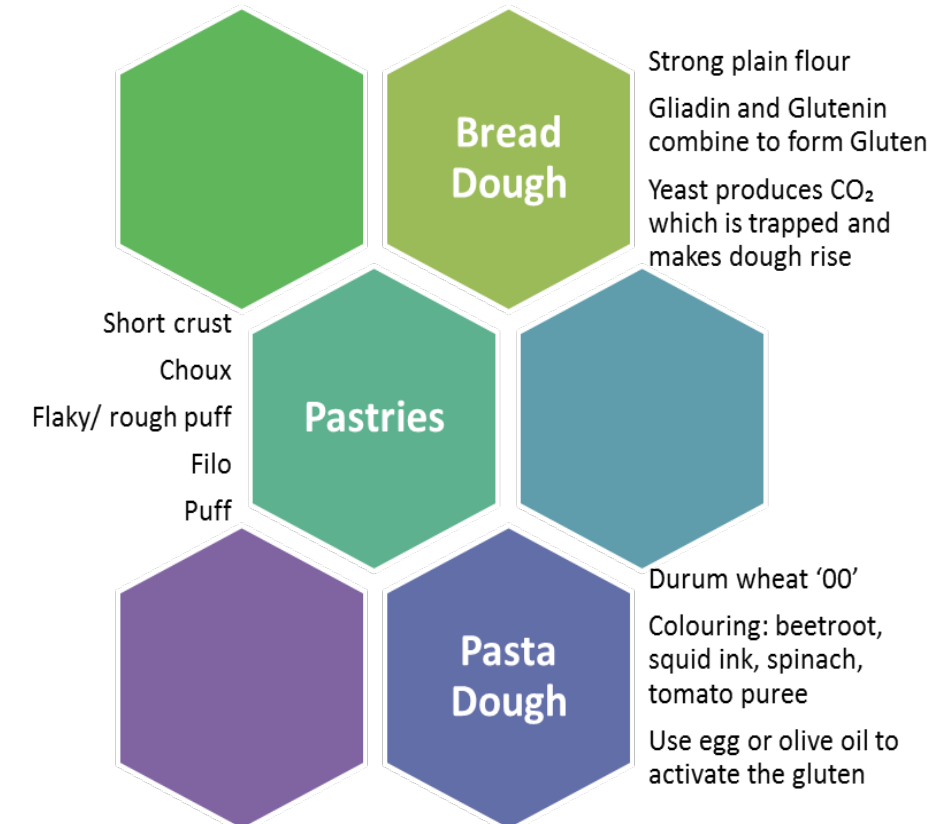
**Cutting and Preparing**

**Combining and Shaping**

- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> Slicing   | <input type="checkbox"/> Whisking           |
| <input type="checkbox"/> Peeling   | <input type="checkbox"/> Stirring           |
| <input type="checkbox"/> Chopping  | <input type="checkbox"/> Folding            |
| <input type="checkbox"/> Dicing    | <input type="checkbox"/> Creaming           |
| <input type="checkbox"/> Grating   | <input type="checkbox"/> Rubbing-in         |
| <input type="checkbox"/> Coring    | <input type="checkbox"/> By hand            |
| <input type="checkbox"/> Mashing   | <input type="checkbox"/> In a mould         |
| <input type="checkbox"/> Shredding | <input type="checkbox"/> Using cutters      |
| <input type="checkbox"/> Scooping  | <input type="checkbox"/> With a rolling pin |
| <input type="checkbox"/> Blanching | <input type="checkbox"/> Piping bag         |
| <input type="checkbox"/> Juicing   |   |
| <input type="checkbox"/> Blending  |   |
| <input type="checkbox"/> Skinning  |   |

	Slicing loafs of bread and other bread products
	Filleting fish and removing bones from meat joints
	Dicing chopping and trimming vegetables, meat and fresh herbs
	Fruit and vegetable preparation
	Carving meat joints or cooked hams

**Food Preparation Skills**



**Binding** means holding ingredients together. E.g. egg in burgers, water in pastry, potato in fish cakes and breadcrumbs in sausages.

**Coating** means adding an outer layer to food. E.g. breadcrumbs for fish cakes, batter on onion rings, chocolate.

**Glazing** means to coat the food with an edible substance to enhance appearance. E.g. egg yolk, egg white, egg wash, milk, sugar syrup, jam, arrowroot.