



# SKILL CARD

## How to: **HOLD A KNIFE (PINCH GRIP)**

### Step 1:

Using your thumb and forefinger, pinch just above the base of your blade, where it runs into the handle.

### Step 2:

Curl your other three fingers around the handle.

### Notes:

This is similar to holding a pencil, everyone has their own variation!



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## How to: **PREPARE AN ONION TO SLICE OR DICE**

### Step 1:

Cut the onion in half through the root, this will help the onion stay together as you are cutting it.

### Step 2:

Trim the end opposite of the root, this will give you a flat surface to start with and it will make it easier to peel.

### Step 3:

Peel the papery layer off the onion. You are now ready to slice or dice!





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## How to: SLICE AN ONION

Continue the same cut you used to trim the side opposite of the root across the whole onion. This will give you pieces that are half moon shaped.



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## How to: DICE AN ONION

### Step 1:

Starting from the end you trimmed, slice horizontally through the onion, stopping short of the root. Make several of those same cuts continuing upwards.

### Step 2:

Intersect those cuts (slicing vertically), again stopping short of the root. The closeness of these will affect the final size of your dice.

### Step 3:

Make perpendicular cuts to the previous cuts. These final cuts are the same as how you would slice an onion.







## How to: MINCE GARLIC

### Step 1:

Lay your knife flat over the clove of garlic. With a fist, pound on the flat side of the knife.



### Step 2:

Peel the papery layer away from the garlic.



### Step 3:

Rock the knife back and forth through the garlic, pausing occasionally to scrape the garlic off the side of the knife and to compress the pile of garlic.



## How to: CHOP ROUND PRODUCE

### Step 1:

Using a claw grip or using a thumb-pointer finger pinch grip, slice the round produce in half lengthwise.



### Step 2:

Place each piece of produce on its flat side, this will prevent it from rolling away.



### Step 3:

Chop into desired size.



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## How to: **USE DRIED HERBS VS. FRESH HERBS**

Dried herbs and spices should be added at the beginning of the cooking process so they have time to impart their flavors on the dish! When substituting dried herbs for fresh herbs, decrease the amount called for in the recipe by  $\frac{1}{3}$ .

Fresh herbs should be added at the end of the cooking process so they don't lose their flavor! When substituting fresh herbs for dried herbs, you should use about 3x more than what the recipe calls for because dried herbs are often more potent and concentrated.



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## How to: **STORE SOFT HERBS**

- Soft herbs are those with tender leaves (cilantro, basil, mint, tarragon, parsley, and dill).
- Treat these like you would a bouquet of fresh flowers!
- Trim the stems, and place in a glass of cool water. Loosely cover the herbs in a plastic bag, this will help to retain some moisture.
- Change the water every couple of days.





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## How to: STORE PRODUCE

When trying to figure out where to store produce, think about where you got it from in the store.

Was it in refrigeration? Store these items in your refrigerator, preferably in the crisp.

Was it in a bin in the middle of the aisle? Chances are this was unrefrigerated – so store these items in a cool dark place away from direct sunlight. Perhaps in a basket on your counter. (i.e. potatoes, onions, garlic, apples, melons, bananas, tomatoes, citrus, avocados).

**Notes:** With the exception of bananas, once an item has ripened sufficiently, you can store in the fridge for a couple of days to slow the ripening process. (i.e. citrus, avocados). All cut produce must be stored in the refrigerator.



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## How to: ROAST VEGETABLES

### Step 1:

Preheat oven to 425F.



### Step 4:

Bake until tender and starting to brown. Hard vegetables, like potatoes and winter squash, will take about 40 min. Softer vegetables, like onions and peppers, will take about 20 min.

### Step 2:

Chop vegetables into a uniform size. Place into a bowl and toss with olive oil, salt, pepper, and any additional seasonings.

### Step 3:

Spread evenly across a baking sheet, leaving room in between the vegetables so that the air can circulate.



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## How to: ROAST A WHOLE CHICKEN

### Step 1:

Preheat oven to 450F.

### Step 3:

Coat the entire chicken in olive oil. Sprinkle with salt and pepper.

### Step 2:

Place chicken breast side up on a baking dish (for an added bonus, elevate on top of a bed of sweet potatoes).

### Step 4:

Stuff the cavity and breast with lemons, onion, garlic, and fresh herbs. Place in oven and drop temperature to 350. Bake ~45 minutes or until internal temperature reaches 165F.

