## Contents

Acknowledgments vi
Preface 1
Introduction 3

1 Knives and Cutting Tools 5
   A Brief History of Cutting Tools
   The Parts of a Knife
   Types of Knives
   Sharpening and Honing Tools
   Additional Hand Tools
   Large Cutting Tools

2 Knife Skills 39
   Knife Selection
   Handling and Maintaining Knives
   Setting Up Your Work Area
   Holding the Knife
   Trimming, Peeling, and Squaring Off
   Chopping and Mincing Foods
   Shredding and Grating
   Slicing Cuts: Plain and Decorative
   Precision and Portioning Cuts
   Decorative and Special Cutting Techniques

3 Cutting Techniques for Vegetables and Fruits 75
   Vegetables
   Fruits

4 Cutting Techniques for Meat and Poultry 99
   Meat Fabrication Techniques
   Poultry
   Rabbit
   Carving Roasted Meats and Poultry

5 Cutting Techniques for Fish and Shellfish 117
   Round Fish
   Lobster
   Shrimp
   Soft-Shelled Crabs
   Clams and Oysters

6 Hand Tools for Measuring, Mixing, and Baking 127
   Tools for Measuring
   Measures and Conversions
   Tools for Mixing and Baking
   Summary

Glossary 147
Appendix 149
Index 163
Photography Credits 170