

## **KITCHEN TALK: KNIFE SAFETY**

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Knife safety is critical in any home or commercial kitchen. Here are 5 basic safety tips to keep in mind when using knives.

### **1. Keep your knives sharp.**

- A sharp knife not only works better, but is also safer to use as dull knives can slip while cutting.
- Use a knife sharpener to maintain a sharp blade, or have knives professionally sharpened. Chef's Choice is a highly recommended brand by professionals and two of their styles that make at-home sharpening easy are:  
[Chef's Choice Manual Knife Sharpener](#) or [Chef's Choice ProntoPro Knife Sharpener](#)
- Check with knife and kitchen supply stores for information on knife sharpening clinics.

### **2. Use proper knife holding and cutting techniques.**

- See - ["Knife Skills: How to Hold a Knife"](#)
- Always use a cutting board, not the palm of your hand. To prevent the board from sliding, secure it with rubber feet, a grippy cloth or damp dish cloth placed underneath.
- Work slowly and carefully as you gain more skill and confidence.
- Curl your fingers under (away from the blade) and hold food with your fingertips, keeping them out of the way of the sharp blade.
- Slice away from your hand and body to avoid injury.
- For dicing and mincing, place the tip of the knife on the cutting board and move the handle in an up and down motion.
- For optimum safety and cooking efficiency, attend a knife skills class.

For further information on basic knife skills, see [7 Useful Knife Skills to Learn Today from Cutco.](#)

### **3. Use the right knife for the job.**

- Consider blade size and flexibility of the blade when choosing which knife to use.
- Only use a knife for what it is intended, not for other kitchen tasks.

For further information, see ["The Right Knife for the Job"](#) from [www.webrestaurantstore.com](http://www.webrestaurantstore.com)

### **4. Regularly, carefully and thoroughly clean your knives.**

- Prevent contamination and increase safety by being mindful, thoroughly hand wash knives, and returning them to their proper storage place.
- Do not place knives in soapy water with other items to be cleaned; hand wash knives separately and individually by holding the handle so you can clearly see the blade.
- It is not recommended to clean knives in a dishwasher as it can damage the blades and handles.

### **5. Store knives properly.**

- Use a knife block, rack, case or knife roll to store clean knives to protect from injury and contamination.
- Keep knives stored out of reach of children.