



Knife Skills Course Syllabus

MODULE I INTRODUCTION TO SHARPEN YOUR KNIFE SKILLS!

Welcome

Congratulations! You're enrolled in Sharpen Up Your Knife Skills! In Sharpen Up Your Knife Skills, there are four lessons with three to five topics in each lesson. Each topic contains the objectives for that topic and the assignments will include watching two or more short videos, reading support materials if applicable, and reviewing key points and tips for that topic to help keep students on track while they are learning. Hands-on directions for practicing each cut, right along with the instructor are also included. We provide a list of ingredients needed for each topic.

1 Getting to Know Each Other

In this lesson, we introduce the program so students know what to expect. We start with a video with Living Light Culinary Institute Founder and Director Cherie Soria, who shares her journey with raw foods and describes how Living Light Culinary Institute was born. Next, we'll describe more about the format of Knife Skills Online so students know what to expect as they progress through the Lesson and topics. We conclude each lesson with hands-on videos that helps to remember each step and reinforces good posture techniques and ergonomics while working through the modules.

2 Introduction To Knife Skills

When it comes to the culinary arts, good knife skills are a requirement for success — either as a home chef or in a restaurant. For home cooks, good knife skills create professional presentation and help create food that looks as good as it tastes. Food preparation becomes quicker, easier, and much more fun. This module covers the reasons good knife skills are especially important in raw food preparation as well as explores concepts such as finely cut vegetables taste sweeter and digest faster.

3 Know Your Knives

There's nothing more important to a chef than a good knife that feels comfortable and graceful in the hand. We have our favorite knives, which we share in this module, yet it ultimately comes down to personal preference. Finding the ideal knife might take a little time, but one knows it when they've found it. This lesson covers the different shapes and sizes of knives and their various uses, identify the parts of knives by name, becoming comfortable with proper body positioning and ergonomics, discovering the proper way to grip a chef knife, learning to use the guiding hand, cutting cleanly with a follow through stroke while always working safely and efficiently.



MODULE II KNIVES READY, SET, CUT

1 Success with Celery

In this comprehensive tutorial presentation, we provide instruction on everything one needs to know about cutting and working with celery. They learn the proper body positioning, the best grip when using a chef knife, proper plant placement, as well as techniques to further culinary skills in working with the shape of produce. Many ask, “How hard is it to cut celery and do I really need to practice such a simple cut?” Celery is easy to manage, so it provides an opportunity to learn how to change habits, as one begins to stand properly, grip the knife properly, and use the guiding hand to control cuts and work safely, making sure to follow through on each cut. Students also work on making cuts precisely the same width, so each one is evenly spaced.

2 Conquering Carrots

This module covers how to julienne or dice a carrot, the ins and outs of a bias cut (rondelles) to create a fine dice or brunoise, paysanne and a myriad of techniques to conquer working with carrots.

Course objectives:

- Developing proper body posture.
- Practice holding and using a chef knife correctly.
- Instruction on using a stabilizing cut to create a solid, stable surface to work with.
- Practice cutting carrots 4 + ways: – rounds (rondelles) and bias cut – julienne, batonnets – dice, brunoise – paysanne

3 Onions

In this tutorial, we demonstrate the keys to working with onions in Culinary Arts. The module covers nuances such as precision cuts, soaking in salt water, massaging to remove some of their sharp flavor and aftertaste, using a sharp knife to reduce moisture released, and many more key points. In addition to demonstrating how to cut onions so they are fine enough to include in raw cuisine, we share several tips about other ways to incorporate onions into foods in a gentler form, so that they mimic the flavor of cooked onions in a recipe.



MODULE III ODD BALLS, LEAVES AND FLOWERS

1 Mastering Mushrooms and Avocados

In this topic, we've paired mushrooms and avocados together because we've seen students struggling to dice both of them uniformly. Slicing them is easy, but dicing a round shape into small squares with little waste can be challenging. Once we demonstrate how to accomplish this knife technique and practice it a couple of times, students never forget how to do it!

2 Beautiful Bell Peppers

In this section, we'll practice cutting, julienning, and dicing bell peppers, while becoming familiar with the health benefits of bell peppers, as well as learn how to choose and store bell peppers. Key Skills: Familiarization with the health benefits of bell peppers, Education on how to choose and store bell peppers, Continued practice holding and using a chef knife correctly, and cutting and removing the seeds, julienning, and dicing.

3 Getting the Best of Broccoli

Broccoli is technically a flowering vegetable. It is among an elite family of plants in which the leaves, stems, flowers, and in some cases, the roots are edible. Lightly steaming broccoli unleashes certain cancer-fighting properties. While this is true, it has also recently been discovered that cutting broccoli into small pieces and allowing it to rest for five minutes before eating it achieves much the same effect. Cutting the broccoli in distinct ways presented in this module breaks down the cells and activates an enzyme that converts other chemicals in the broccoli into cancer-fighting compounds. Key points in this module: Familiarization with the health benefits of broccoli, selecting, and storing broccoli, cutting and preparing broccoli stems, Practice cutting broccoli – separate the florets, – peel the stem – julienne the stem.

4 Cracking the Coconut Code

Coconuts are a key ingredient in mimicking the texture and flavor of dairy. This versatile ingredient is key in coconut smoothies, coconut yogurt, dressings, puddings, ice cream, coconut noodles, and a variety of fillings, frostings, soups, and sauces. Just about anywhere you might use dairy cream, you can substitute coconut cream. In this lesson we teach students, the health benefits of coconuts, how to choose and store young coconuts, as well as demo opening a young coconut and remove the flesh.

5 Shredding Leafy Greens and Herbs

This lesson, covers precision techniques on how to finely chiffonade leafy greens, mincing fresh herbs, using a chef knife, and mincing parsley. The course also provides a breakdown of Curly Kale, Lacinato, and Red Russian Kale as well as tips on how to Tame and Tenderize Kale. We also cover the health benefits of kale, choosing and storing kale, and kale chiffonade techniques – removing the stem from kale leaves. – stacking leaves, rolling them tightly together and slicing into fine shreds.



MODULE IV SPECIALTY CUTS AND FINISHING TOUCHES

1 Supreme Citrus

Citrus is a must-have in any raw kitchen. In this module, we'll dive into the art and finesse of working with citrus as well as share its benefits, and many uses. Key Points: Familiarization with the health benefits of citrus fruits, basic cutting procedures, choosing and storing citrus fruits, as well as practicing creating supremes: remove the skin and white pith, cut supremes, and cut limes for garnish

2 Food Styling Cuts: Veneers

Veneers, also called sheets can be used for making thin fruit and vegetable wraps or to finely julienne conical-shaped fruits and vegetables. In this topic, we demonstrate how to create sheets of cucumber to use as wrappers or fine julienne cuts worthy of a sushi chef wannabe. Other vegetables that can be veneered and used as wrappers are daikon radish, zucchini, or any long conical-shaped vegetable. There are gadgets galore available today that can do the work of a trained chef, but students knowing they can accomplish the art of veneering vegetables or fruits like cucumber, also known as sheeting or shaving, feels like a real accomplishment.

3 Celebrate with Garnishes

Adding flair to meal presentation is so much easier when paired with good knife skills. In this topic, we demonstrate a couple of quick and easy garnishes, as well as techniques to create stunning works of edible art. We work with the key elements of color, shape, texture, height, balance. When we combine all of these components, we have the perfect recipe for success! Key points: Discovering the importance of color and the role it plays in digestion and visual appeal, Learning how shape, texture, height, and balance are essential in plating food, The importance of putting love into the food you present, Practice creating a tomato rose, Practice creating a green onion flower.

4 Using a Mandoline Mindfully

Discover using a mandoline safely and efficiently, learn how to slice, using the slicing blade, learn how to use the fine julienne blade, and learn how to obtain a brunoise cut (micro-dice), using the thin julienne blade. With onions, learn how to obtain thick and thin rings using the slicing blade, and learn how to obtain a brunoise cut (micro-dice), using the thin julienne blade

5 Essential Knife Care

When one invests in a high-quality kitchen knife, they want it to last a long time. Every kitchen knife, whether the price is large or small, requires a little regular maintenance to keep a sharp blade. Learn how to sharpen, care for, clean, and store knives, learn the difference between a honing rod and a knife sharpener, Learn why a dull knife is more likely to cause injuries than a sharp knife, and Learn how to protect your investment while keeping knives in good working condition for a lifetime.