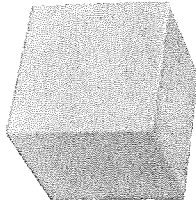


Figure 7.7 Basic cuts and shapes.



(a) Tourné: 2 inches long  $\times$   $\frac{3}{4}$  inches in diameter, with 7 sides, and flat-ended (5 cm  $\times$  2 cm).



(b) Large dice:  $\frac{3}{4} \times \frac{3}{4} \times \frac{3}{4}$  inch (2  $\times$  2  $\times$  2 cm).



(c) Medium dice:  $\frac{1}{2} \times \frac{1}{2} \times \frac{1}{2}$  inch (12  $\times$  12  $\times$  12 mm).



(d) Small dice:  $\frac{1}{4} \times \frac{1}{4} \times \frac{1}{4}$  inch (6  $\times$  6  $\times$  6 mm).



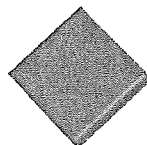
(e) Brunoise:  $\frac{1}{8} \times \frac{1}{8} \times \frac{1}{8}$  inch (3  $\times$  3  $\times$  3 mm).



(f) Fine brunoise:  $\frac{1}{16} \times \frac{1}{16} \times \frac{1}{16}$  inch (1.5  $\times$  1.5  $\times$  1.5 mm).



(g) Rondelle: round or bias-round cuts, varied diameter or thickness.



(h) Paysanne:  $\frac{1}{2} \times \frac{1}{2} \times \frac{1}{8}$  inch (12  $\times$  12  $\times$  3 mm; round, square, or rectangular).



(i) Lozenge:  $\frac{1}{2} \times \frac{1}{2} \times \frac{1}{8}$  inch (12  $\times$  12  $\times$  3 mm; diamond-shape).



(j) Fermière: irregular shape, varied diameter; thickness as needed.



(k) Bâtonnet:  $\frac{1}{4} \times \frac{1}{4} \times 2-2\frac{1}{2}$  inches (6  $\times$  6  $\times$  5-6 cm).



(l) Julienne (or allumette potatoes):  $\frac{1}{8} \times \frac{1}{8} \times 1-2$  inches (3  $\times$  3  $\times$  25-50 mm).

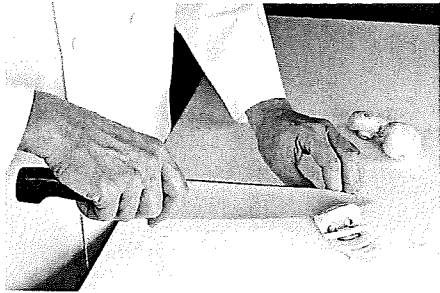


(m) Fine julienne:  $\frac{1}{16} \times \frac{1}{16} \times 1-2$  inches (1.5  $\times$  1.5  $\times$  25-50 mm).

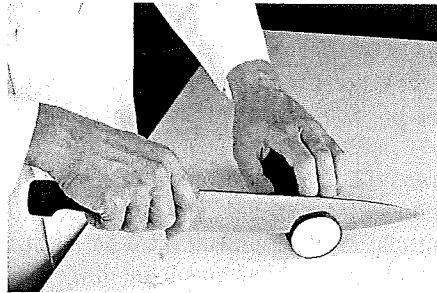
## Cutting Techniques

Different parts of the blade are appropriate for different purposes, as shown in Figure 7.8. (Note: Prying off bottle caps is not a function of any part of the knife.)

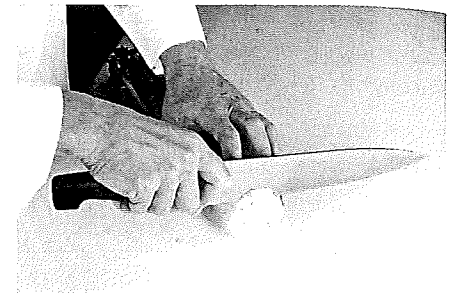
Figure 7.8 Using different parts of the knife blade.



(a) The tip of the knife, where the blade is thinnest and narrowest, is used for delicate work and small items.



(b) The center of the blade is used for most general work.

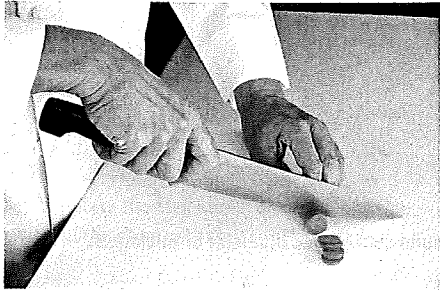


(c) The heel of the knife is used for heavy or coarse work, especially when greater force is required.

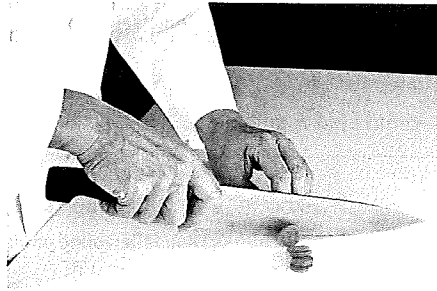
### 1. Slicing.

Two basic slicing techniques are illustrated in Figures 7.9 and 7.10. When carrots and similar items are cut into round slices as shown, the cut is called *rondelle*.

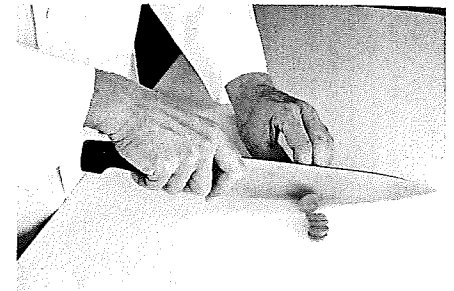
Figure 7.9 Slicing technique 1.



(a) Start the knife at a sharp angle, with the tip of the knife on the cutting board.



(b) Move the knife forward and down to slice through the carrot.

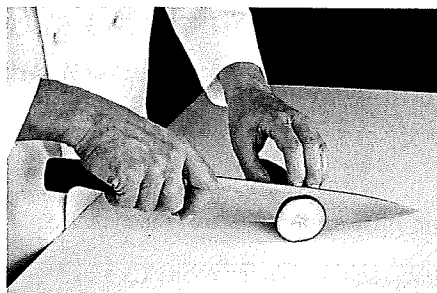


(c) Finish the cut with the knife against the board. For the second slice, raise the heel of the knife and pull it backward, but be sure the tip stays on the board.

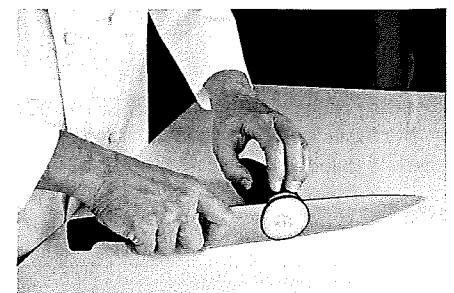
Figure 7.10 Slicing technique 2.



(a) Start the blade at a 45-degree angle, with the tip on the cucumber against the fingers of the guiding hand.



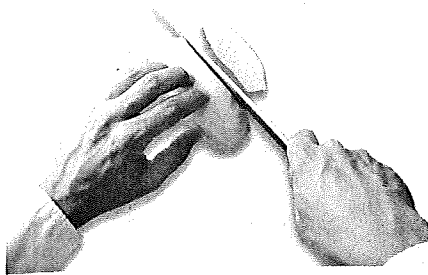
(b, c) Slice downward and forward through the item.



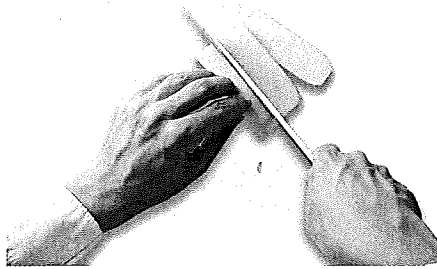
### 2. Cutting dice, brunoise, bâtonnet, allumette, and julienne.

Figure 7.11 shows the steps in dicing a product, using a potato to illustrate. Note in Figure 7.11c that the process of cutting dice first requires you to cut stick shapes, such as *bâtonnet*. Thus, this illustration demonstrates the method used to cut not only *dice* and *brunoise* (brun wahz) but also *bâtonnet* (bah toh nay), *allumette* (ah lyoo met), and *julienne* (zhoo lee enn).

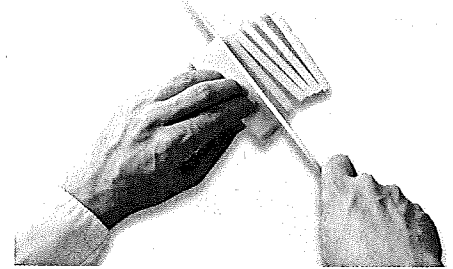
Figure 7.11 Slicing a potato.



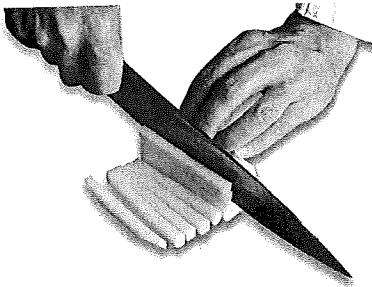
(a) Square off the peeled, eyed potato by cutting a slice from all sides. Use the trimmings for mashed potatoes or soup.



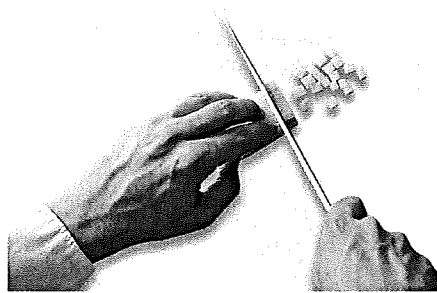
(b) Cut the potato into even slices of the desired thickness. Here we are making 1/4-inch (6-mm) dice, so the slices are 1/4-inch (6-mm) thick.



(c) Stack the slices and again slice across the stack in even 1/4-inch (6-mm) slices. You now have bâtonnet potatoes, slightly smaller than regular French fries. Slices 1/8 inch (3 mm) thick would give you allumette potatoes.



(d) Looking from this angle shows how the slices have been stacked up.



(e) Pile the bâtonnets together and cut across in slices 1/4 inch (6 mm) apart. You now have perfect 1/4 inch (6 mm) dice.

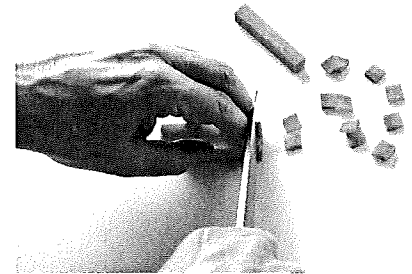


Figure 7.12 Cut the vegetable into sticks 1/2 inch (12 mm) square. To cut the sticks into paysanne, cut them crosswise into thin slices.

3. Cutting *paysanne*.

*Paysanne* are thin square, or roughly square, cuts. The procedure begins the same as for cutting medium dice. However, in the last step, cut the 1/2-inch (12-mm)-thick sticks into thin slices rather than into dice. Figure 7.12 illustrates.

4. Cutting *lozenges*.

This is a diamond-shape cut, as illustrated in Figure 7.13.

5. Cutting *fermière*.

*Fermière* is an irregular slice. Shapes may vary, depending on the item, but the pieces should be of uniform size. Thickness must also be uniform, usually around 1/8 inch (3 mm). Cut the item lengthwise into pieces of roughly uniform size and shape, and then slice as shown in Figure 7.14.

6. Making *oblique cuts*.

Also called the *roll cut*, this cut is for long, cylindrical vegetables such as carrots. As illustrated in Figure 7.15, hold the knife at an angle, cut, roll the vegetable one quarter-turn, and make the next cut. For tapered vegetables, change the angle as you go to keep the pieces of approximately equal size.

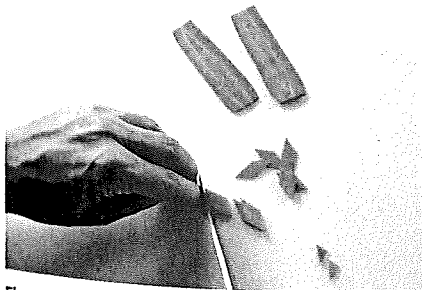


Figure 7.13 To cut lozenges, first cut the vegetable into thin slices, and then cut these slices lengthwise into strips about 1/8 inch (3 mm) wide. Cut the strips at an angle to form diamond shapes.

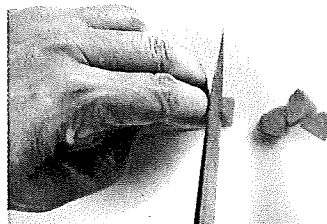


Figure 7.14 To cut *fermière*, cut the item lengthwise into roughly equal pieces, and then slice uniformly.

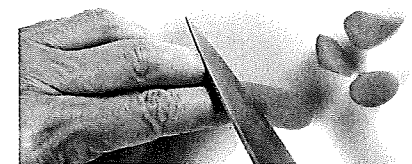
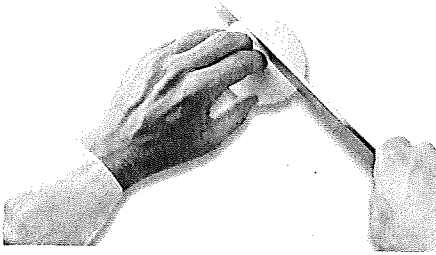


Figure 7.15 To make oblique cuts, cut the vegetable at a sharp angle, roll one quarter-turn, and make another cut.

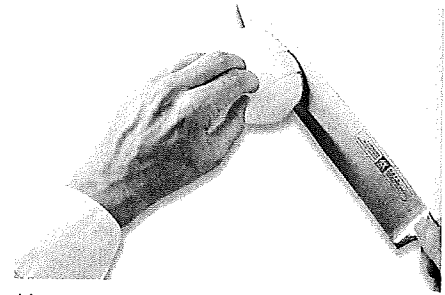
Figure 7.16 Dicing an onion.



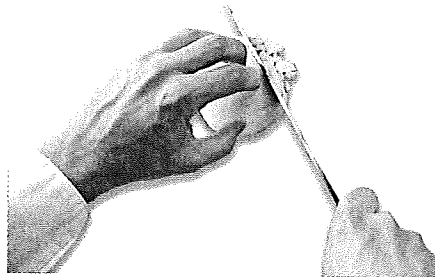
(a) Cut the peeled onion in half lengthwise, through the root end. Place one half on the cutting board, cut side down.



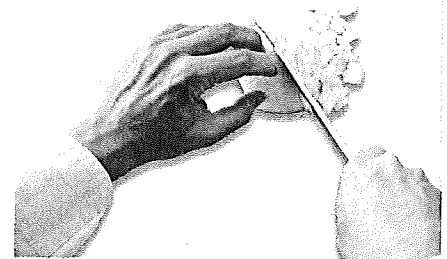
(b) With the root end away from you, make a series of vertical lengthwise cuts. Do not cut through the root end. The closer together you make the cuts, the smaller the dice will be.



(c) Holding the onion carefully at the top, make a few horizontal cuts toward but not through the root end, which is holding the onion together.



(d) Finally, slice across the onion to separate it into dice. Again, the closer together the cuts, the smaller the dice.



(e) Continue making slices almost to the root end. The root end may be rough cut for mirepoix, to be used for stocks, sauces, and roasts.



Figure 7.17 To chop mirepoix, cut onions, celery, and carrots roughly into pieces of approximately equal size. The exact size depends on what the mirepoix is to be used for.

### 8. Chopping mirepoix.

Mirepoix is a mixture of coarsely chopped vegetables, primarily onions, carrots, and celery, used to flavor stocks, gravies, sauces, and other items, as explained in Chapter 8. Because mirepoix is not served—rather, it is almost always strained out of the product before finishing—neatness of cut is not important. The products are cut roughly into pieces of approximately uniform size—small pieces if cooking time will be short, larger pieces for longer cooking times. Figure 7.17 illustrates mirepoix ingredients being cut.

### 9. Chopping herbs.

This chopping technique is used to cut a product when no specific shape is needed. Figure 7.18 illustrates chopping parsley.

In the case of chives and scallions, a more regular cut is used, similar to the slicing cut used for larger items like carrots. Figure 7.19 illustrates this procedure.



Figure 7.18 Chopping with a French knife. Holding the tip of the knife against the cutting board, rock the knife rapidly up and down. At the same time, gradually move the knife sideways across the product on the board so the cuts pass through all parts of the pile of food. After several cuts, redistribute the pile and begin again. Continue until the product is chopped as fine as you want.

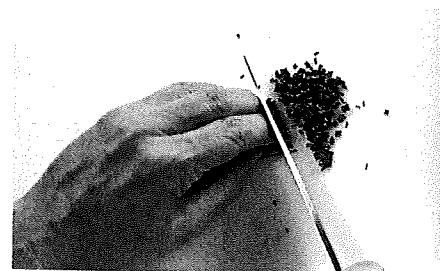
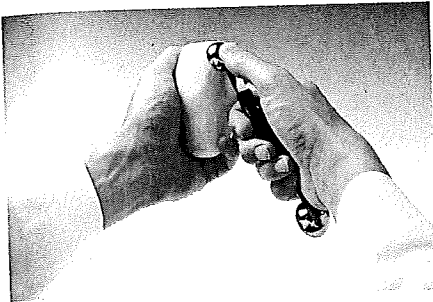


Figure 7.19 Stack chives and cut crosswise into very thin slices.

**10. Cutting parisienne.**

Cuts made with a ball cutter are perhaps most often used for potatoes. Potatoes cut into large balls, about 1½ inch (3 cm), are called *parisienne* (pah ree zee enn). When cut into smaller balls, about ¾ inch (2.5 cm), they are called *noisette* (nwah zet). Of course, other solid vegetables, such as turnips, as well as many fruits, can be cut the same way. The procedure is illustrated in Figure 7.20.

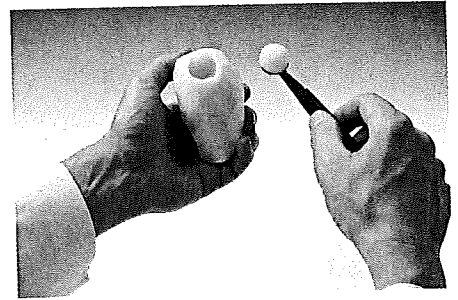
Figure 7.20 Cutting parisienne potatoes.



(a) Place the ball cutter against the potato as shown.



(b) With the thumb, press the cutter firmly into the potato as far as it will go.

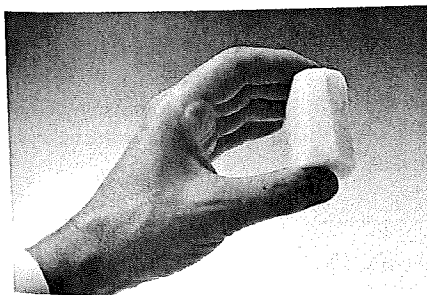


(c) Lift the handle of the cutter outward, twist the cutter around, and remove the ball.

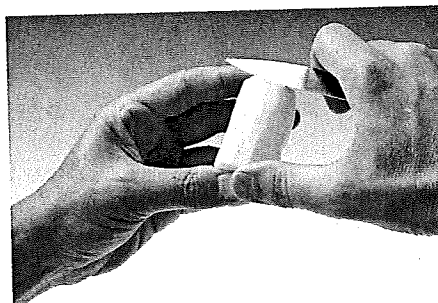
**11. Cutting tournéed vegetables.**

To *tourné* (toor nay) a vegetable is to cut it into a neat seven-sided oval shape, as illustrated in Figure 7.21. Many root vegetables, such as carrots and turnips, are cut this way. When potatoes are *tournéed*, they are named according to their size. *Cocotte* potatoes are about 1½ inches (4 cm) long. *Château* potatoes are about 2 inches (5 cm) long.

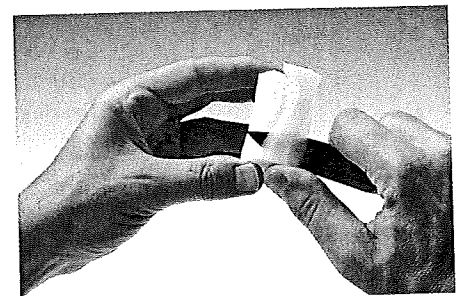
Figure 7.21 Tournéing potatoes and other root vegetables.



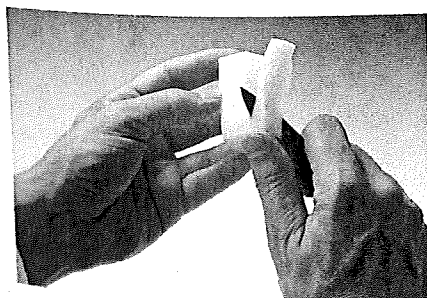
(a) Cut the potatoes roughly into pieces slightly larger than the final size desired. Cut off the top and bottom of each piece so the top and bottom are flat and parallel.



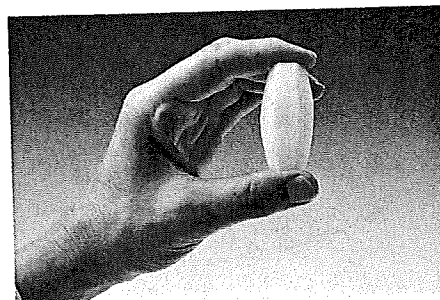
(b) Hold the potato between the thumb and forefinger. Place the paring knife against the top edge as shown and the thumb of the cutting hand firmly against the potato. Your hand should be far enough up on the blade to maintain steady control.



(c) Cut down toward your thumb with a curving movement of the blade.



(d) Turn the potato slightly (one-seventh of a full turn, to be exact) and repeat the motion.

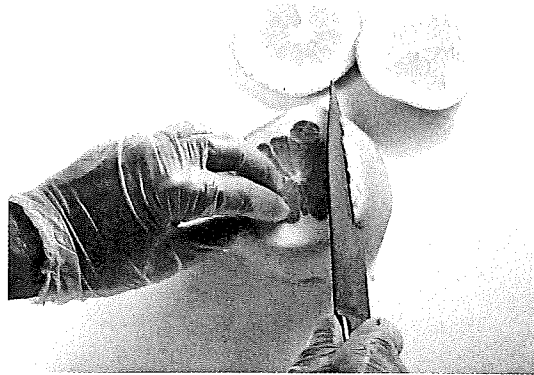


(e) The finished product. If perfectly done, the potato has seven sides (but customers rarely count them).

### 12. Peeling grapefruit.

This technique, as shown in Figure 7.22, can also be used for peeling yellow turnips or other round vegetables and fruits with heavy peels.

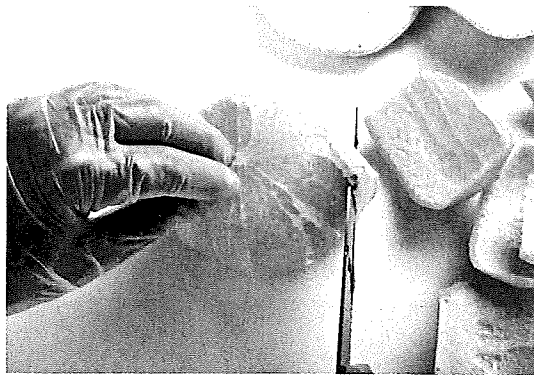
Figure 7.22 Peeling a grapefruit.



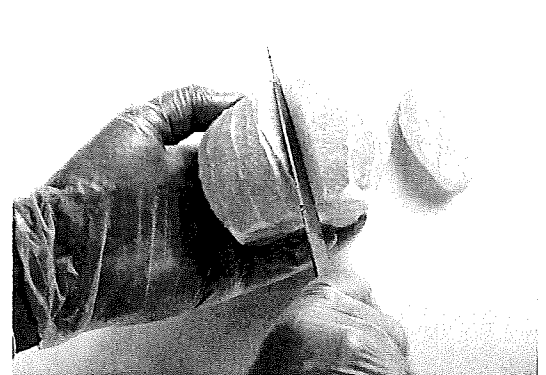
(a) Cut off the ends of the grapefruit and turn it on a flat end so it is stable. Slice off a section of the peel, following the contour of the grapefruit.



(b) Make sure the cut is deep enough to remove the peel but not so deep as to waste the product.



(c) Continue making slices around the grapefruit until all the peel is removed.



(d) Slice or section the fruit. Squeeze the remaining pulp for juice. The membrane-free citrus section cut by this method are called *suprêmes*.

### 13. Chiffonade.

This term refers to cutting leaves into fine shreds. It is applied most often to lettuce and sorrel. To cut *chiffonade*, remove the heavy leaf ribs, roll the leaves into a tight cylinder, and then slice the cylinder crosswise into thin shreds, as shown in Figure 7.23.

Figure 7.23 Cutting a chiffonade of sorrel.



(a) Roll the leaves into a cylinder.



(b) Cut crosswise into thin strips or shreds.

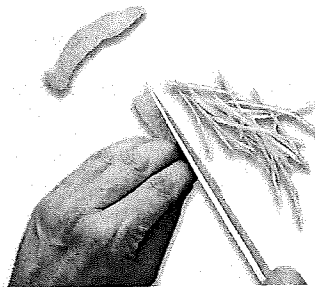
#### 14. Cutting citrus zest.

With a paring knife, cut strips from the citrus peel, removing only the colored part, not the white part below it. Then, with a chef's knife, cut the zest into thin strips or julienne, as shown in Figure 7.24b. An alternative method is to use a citrus zester, as shown in Figure 7.24c.

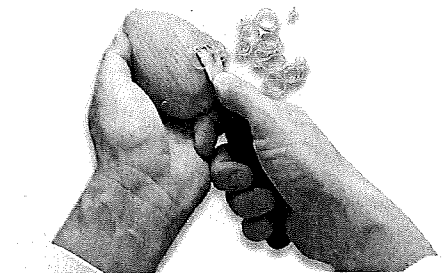
Figure 7.24 Cutting citrus zest.



(a) Use a paring knife to cut thin strips from the peel, being careful to cut only the outer colored part, not the inner white pith.



(b) Cut the strips of peel into julienne.



(c) Alternatively, draw a zesting tool over the fruit to cut thin strips of zest.

#### KEY POINTS TO REVIEW

- How do you sharpen a knife?
- When performing most cutting techniques, what is the correct and safe position of the guiding hand—that is, the hand not holding the knife?
- What are the dimensions of the following cuts: large dice, medium dice, small dice, brunoise, fine brunoise, bâtonnet, julienne, fine julienne, rondelle, paysanne, lozenge, tourné?

## Preliminary Cooking and Flavoring

Advance preparation often requires precooking and flavoring of ingredients to make them ready for use in the finished recipe.

On the most obvious level, if a recipe for chicken salad calls for cooked, diced chicken, you must first cook the chicken before you can proceed with the recipe. A complete cooking procedure, in such a case, is part of the *mise en place*, or pre-preparation.

### Blanching and Parcooking

Partial cooking is a significant part of advance preparation. It requires a degree of culinary skill and judgment to determine when and how much cooking is necessary or desirable.

Partial cooking may be done by any moist-heat or dry-heat method. Those commonly used are simmering or boiling (parboiling), steaming, and deep-frying (especially for potatoes). The term *blanching* may mean any of these methods, but it usually implies *very brief* cooking.

There are four main reasons for blanching or parcooking:

#### 1. To increase holding quality.

Heating helps preserve foods by:

- Destroying bacteria that cause spoilage.
- Destroying enzymes that discolor foods (as when potatoes turn brown) and cause them to deteriorate.