



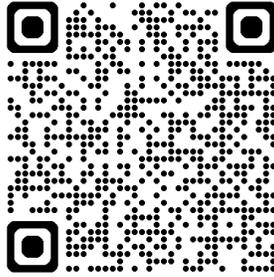
Culinary Institute
of America

Sharpening Your Knife Skills

WELCOME!



Scan the QR code to download a digital copy (PDF file) of this Course Guide:



Expectations for Participants

To maintain safety/ sanitation standards and ensure you have the best experience possible...

KITCHEN RESPONSIBILITIES

- Silence and put away phones.
- Clean your workstation as you go.
- Place waste in proper receptacle:
 - **Green:** food scraps for compost
 - **Blue:** recyclables
 - **Gray:** trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills.
- Use side towel for handling hot objects, not cleaning.
- Place dirty utensils, tools on speed rack, not in sink.
- Place anything with an edge in "Sharps Only" pan.
- Place dirty linen in linen bag.



RECIPE MISE EN PLACE

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Ask questions if anything is unclear.
- Visualize the cooking process from start to finish.
- Complete any pre-steps (soak, marinade, etc.).
- Gather, measure/ weigh all ingredients.
- Complete all basic prep (wash, trim, dice, etc.).



KNIFE SAFETY

- Use a sharp knife.
- Hold the knife firmly. Place your dominant hand on the handle with three fingers gripping it. Your thumb and index finger should pinch the blade, resting on either side of the bolster.
- Cut away from your body.
- Use a cutting board.
- Place knives on flat surface, away from table edge.
- Keep knives in clear sight, never covered.
- Never grab blindly for a knife.
- Pass knives using the handle, never the blade.
- Carry knives alongside body with the point down.
- Alert others by saying "Behind you with a knife."

FOOD SAFETY

- Keep hair contained with toque, hair net/ tie.
- Wash hands before starting work.
- Wash hands after:
 - Touching hair, face, phone, pen, etc.
 - Coughing/ sneezing into tissue
- Wash and dry all produce.
- Wash cutting board, knives, tools after each use.
- Keep perishables refrigerated until needed.
- Per NY state law, wear gloves when handling ready-to-eat food.
- Keep raw meat, poultry, eggs, seafood separate from other foods.
- Cook food to the temperature safe zone.



PRODUCTION ASSIGNMENTS

EACH STUDENT

Slice onions
Dice onions
Dice carrots
Batonnet carrots
Oblique-cut carrots
Dice celery
Batonnet celery
Batonnet potatoes
Brunoise potatoes
Mince garlic
Chop parsley
Suprême oranges
Peel and slice kiwi
Slice apples
Peel and dice mangos
Peel and dice pineapples

LUNCH MENU

Roast Chicken with Pan Gravy
Pork Roast with Jus Lié
Roasted Garlic Mashed Potatoes
Glazed Carrots

ROAST CHICKEN WITH PAN GRAVY

Yield: 10 portions

Ingredients	Amounts
Chicken, whole	3 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Thyme, sprig, fresh	3 ea.
Rosemary, fresh, sprig	3 ea.
Bay leaf, dried	3 ea.
Oil, vegetable	as needed
Onion, yellow, medium diced	1 cup
Carrot, medium diced	1/2 cup
Celery, medium diced	2 cups
Flour, all-purpose	1/2 cup
Stock, chicken	2 cups

Method

1. Preheat oven to 450°F.
2. Remove the wing tips on the chickens and reserve. Place 1 sprig of the thyme, rosemary, and 1 bay leaf into the cavity of each chicken. Season generously with salt and pepper. Rub the chicken skin with the oil. Tie the chicken wings and legs with twine (tuss).
3. On a wire rack in a large roasting pan, place the chickens breast side up. Scatter the wing tips in the pan. Roast in the preheated oven until golden, 15 to 30 minutes.
4. Lower the temperature to 350°F. Roast, basting occasionally, for 45 minutes.
5. Scatter the onions, carrots, and celery (*mirepoix*) in the pan. Roast until the thigh meat temperature is 165°F.
6. Transfer the chickens to a cutting board and tent in foil. Reserve.
7. For the gravy, heat the contents of the roasting pan on the stove over medium-low heat. Cook until the mirepoix is browned and the fat is clear. Save 1 ounce of fat but keep the juices from the chicken.
8. Whisk in the flour to form a thick paste (*roux*). Simmer, whisking continuously, for 5 minutes.
9. Slowly whisk in the stock. Simmer until the gravy is completely smooth, 20 to 30 minutes. Degrease the gravy with a ladle as needed. Adjust the seasoning to taste. Strain the gravy through a fine-mesh sieve.
10. De-bone the chicken. Serve with the pan gravy.

PORK ROAST WITH JUS LIÉ

Yield: 12 portions

Ingredients	Amounts
Pork, loin, bones removed, reserved	4 lb.
Oil, olive, pure	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Carrot, large diced	¼ cup
Celery, stalk, large diced	¼ cup
Onion, yellow, large diced	½ cup
Tomato, paste	1 Tbsp.
Wine, white, dry	½ cup
Stock, pork	2 qt.
Thyme, sprig, fresh	2 ea.
Bay leaf, dried	1 ea.
Cornstarch	2 Tbsp.
Water	2 Tbsp.

Method

1. Preheat oven to 375°F.
2. Rub the pork loin with the olive oil. Season with salt and pepper.
3. Place the pork loin on a cutting board with the fattiest side facing out. This will help keep the meat moist during cooking. Cut a piece of twine about 5 times the length of the roast. Loop the twine about 1 inch from one end of the roast and tie a firm knot to anchor it. Working along the length of the roast, pull the twine over the top and then underneath the roast to create a loop every 1½ inches. Keep the loops snug but not too tight to avoid squeezing out the juices. Flip the loin over and run the twine straight across the back, weaving it under each crosswise loop to secure them in place. Flip the roast back to its original side and tie the end of the twine back to your starting knot. Trim any excess string. (See Chef demo).
4. Insert a probe thermometer into the center of the pork. Set it to 145°F. Place the pork loin on a wire rack in a large roasting pan. Roast in the preheated oven, basting occasionally, for 1 hour.
5. Scatter the carrot, celery, and onion (*mirepoix*) around the pork loin. Roast until the internal temperature of the meat is 145°F, 30 to 45 minutes.
6. Transfer the pork loin to a cutting board. Let it rest for 20 minutes.

7. For the sauce (*jus lié*), heat the contents of the roasting pan on the stovetop over medium heat until the mirepoix is browned and the fat is clear, about 5 minutes. Remove and discard all fat.
8. Stir in the tomato paste. Cook, stirring frequently, until it turns a brick-red color, 30 to 45 seconds.
9. Add the wine. Increase the heat to medium high. Stir, scraping up any browned bits (fond) stuck to the bottom of the pan (deglaze). Reduce the wine slightly to cook off the alcohol flavor.
10. Add the stock, stirring to deglaze. Add the thyme and bay leaf. Simmer for 25 minutes.
11. In a small bowl, whisk together the cornstarch and water. Add the slurry, stirring constantly, until it thickens enough to coat the back of a spoon (*nappé*).
12. Degrease the gravy with a ladle as needed. Adjust the seasoning with salt and pepper to taste. Strain the sauce through a fine mesh sieve.
13. Carve the pork loin. Serve with the sauce.

Note: Beef stock can be substituted for the pork stock.

ROASTED GARLIC MASHED POTATOES

Yield: 10 portions

Ingredients	Amounts
Garlic, head	1 ea.
Oil, olive, pure	as needed
Salt, kosher	as needed
Potato, russet, peeled, cut into ¼	4 lb.
Butter, unsalted, melted	as needed
Cream, heavy, warm	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 400°F.
2. Keeping the garlic bulb intact, lightly remove some of the flaky skin. Slice ½ inch off the top, just enough to expose the cloves.
3. Place the garlic, cut side up, on a piece of aluminum foil. Drizzle with the olive oil and salt. Wrap the garlic and seal the edges tightly.
4. Transfer the garlic to a small roasting pan. Roast in the preheated oven until tender, golden, and caramelized, about 45 minutes. Reserve.
5. In a large pot of cold, salted water, place the potatoes. Bring it to a boil over medium-high heat. Lower the heat, and simmer until the potatoes are completely tender, 10 to 20 minutes. Drain.
6. Return the potatoes to the pot. Dry the potatoes over low heat until no more steam rises from them, 10 to 15 minutes.
7. Using a potato ricer, push the reserved garlic and potatoes into a warm bowl.
8. Add the melted butter and heavy cream. Mix to combine. Season with salt and pepper to taste. Serve warm.

GLAZED CARROTS

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	4 Tbsp.
Carrot, oblique	1 ½ lb.
Sugar, granulated	2 ¼ Tbsp.
Stock, vegetable, hot	1 cup
Salt, kosher	as needed
Pepper, white, ground	as needed

Method

1. In a large sauté pan over medium-low heat, melt the butter. Add the carrots, cover, and sweat until softened, 2 to 3 minutes.
2. Add the sugar and stock. Stir to combine. Season with salt and pepper. Bring the mixture to a simmer. Turn down the heat to low. Cover the pan and cook until the carrots are almost tender, about 5 minutes.
3. Remove the cover. Simmer until the cooking liquid is reduced to a glaze and the carrots are tender, 2 to 3 minutes.
4. Season with salt and pepper to taste. Serve immediately.

APPENDIX

KNIFE SELECTION

Knives come in all shapes and sizes. Understanding the function of various knives will also help you pick the right one for the job.

Chef Knife: An all-purpose knife used for chopping, dicing, and mashing. Chef knives are versatile tools that can be used for most tasks. They are available in sizes ranging from 6" to 12" (8" is standard). Chef knives with forged blades can be used for heavy-duty tasks such as cracking and chopping, while thinner, more flexible stamped blades work best for delicate tasks like removing melon rinds.



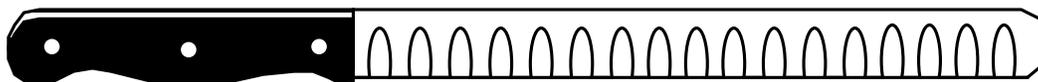
Boning Knife: A specialized knife with a narrow blade used for cutting meat away from bones during butchering.



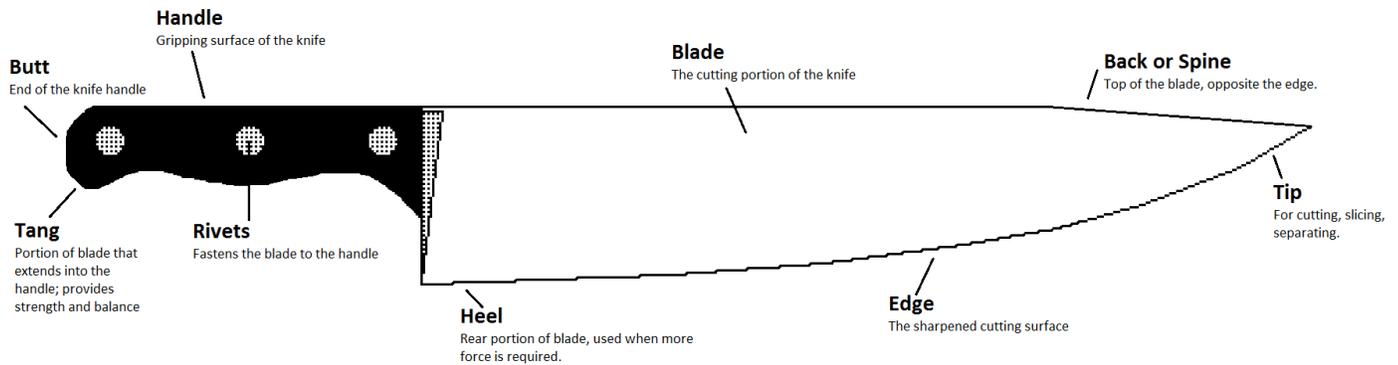
Paring Knife: A small, short-bladed knife used for peeling, trimming, and shaping fruits and vegetables or slicing small soft foods such as olives and mushrooms.



Serrated knives: are not designed for cutting or chopping tasks. They are specialized knives designed for slicing through the crusts of breads and cakes.



KNIFE PARTS AND FUNCTIONS



Blade: The most common blade material is stainless steel, which is either forged or stamped. Forged blades are molded into shape and are generally heavier and more durable, with a prominent heel at the base of the blade. Stamped blades are cut from a solid metal sheet and are more lightweight but dull more quickly. Stamped blades are common on inexpensive, low-quality knives, but high-quality stamped blades can also be found. Stainless blades of both types are easily sharpened.

Handle: Traditionally wood but now usually plastic or laminated wood. Wood warps when wet and can harbor bacteria, making cleaning difficult. Plastic handles are often found in commercial kitchens because they are easy to clean and require no special care. Plastic is often used on stamped knives that do not have a full tang, an extension of the blade to which the handles are attached. On forged knives, the tang continues through the length and width of the handle. The handle is attached to the tang using three rivets.

Tip/ Point: used for small incisions, around bones, punctures, detailed work

Back/ Spine: gives the blade appropriate stability and flexibility. Its thickness varies depending on the knife's style and intended uses.

Heel: the end of the guard, used to break through small bones or shells

Edge: primary cutting surface of the knife

Bolster: attachment point between the handle and the blade provides stability. Found on higher-quality knives.

Tang: runs through the handle (full tang) and provides balance and stability to the knife.

Rivets: connect the handle to the tang.

KNIFE SAFETY

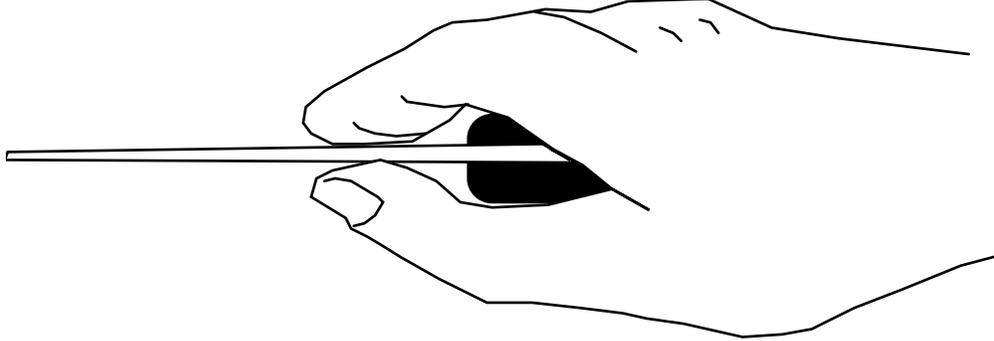
By adhering to the following safety rules, culinary professionals can minimize the risk of accidents and create a safer kitchen environment for everyone.

- **Sharpness:** Always use sharp knives, as dull blades require more force to cut, increasing the risk of slipping and causing injury. Regularly sharpen your knives to maintain their effectiveness.
- **Grip:** Hold the knife correctly by pinching the blade with your thumb and forefinger while wrapping the other fingers around the handle. This provides better control.
- **Technique:** Always cut away from your body and keep your fingers curled in (the claw grip) to protect them from the blade.
- **Cutting board:** Always cut on a stable cutting board, not on countertops or in your hand. This provides a flat, secure surface and helps prevent accidents.
- **Focus:** Pay full attention while using a knife. Avoid multitasking, and if you are interrupted, place the knife flat on the cutting board instead of trying to catch it.
- **Storage:** Store knives safely in a knife block, magnetic strip, or sheath. Never toss knives into a drawer where they can cause injuries when reaching in.
- **Washing:** Clean knives right after use and avoid leaving them in soapy water where they cannot be seen. This helps prevent accidental cuts when reaching into the sink.
- **Passing to others:** When handing a knife to someone, lay it down on a flat surface for them to pick up instead of passing it directly.
- **Selection:** Different knives serve different purposes. Using the appropriate knife for each task not only makes the job easier but also enhances safety.

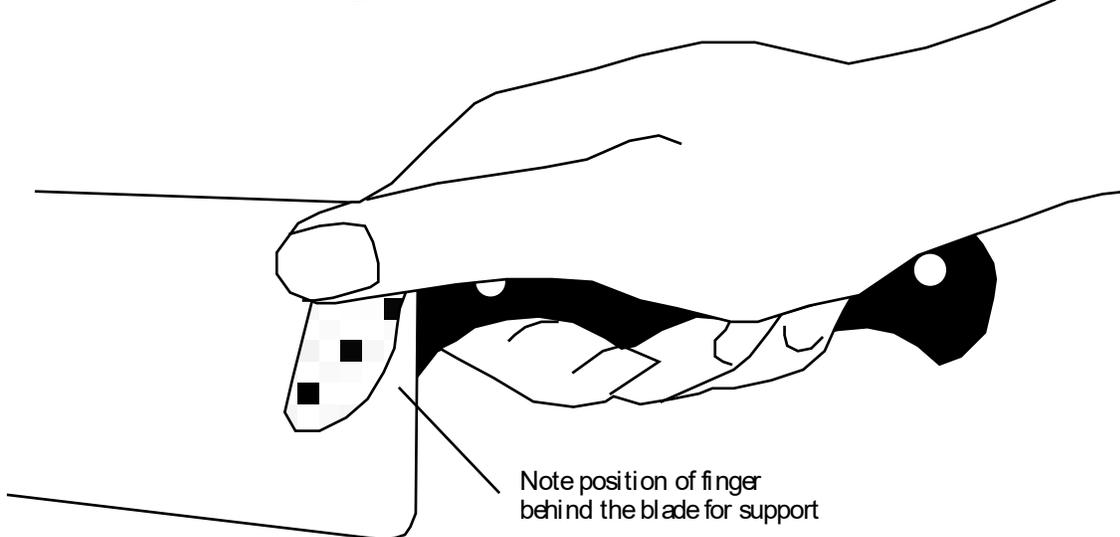
HOLDING A KNIFE

The most secure way to grip a knife is by gripping the top of the blade firmly between your thumb and forefinger. Place your middle finger just behind the heel. This grip may take some time, but it gives you maximum control over your knife and allows you to pivot from the wrist when chopping.

Top View: Some cooks prefer to grip the knife by the handle, allowing the thumb and index finger to rest on the blade for support. However, an individual's preference to hold the knife in other ways is acceptable.



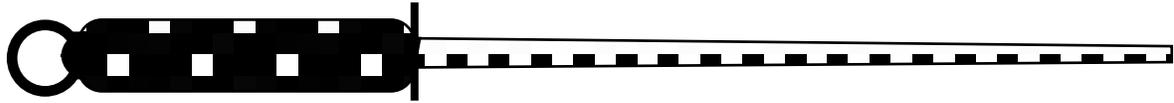
Side View: Note: The finger is placed behind the blade to provide stability.



Note position of finger
behind the blade for support

KNIFE SHARPENING

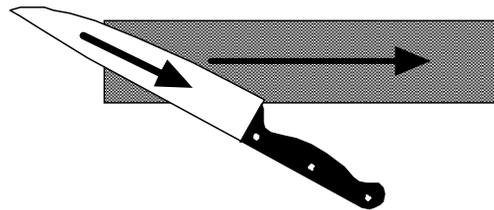
A sharp knife is safer than a dull one. Sharp knives glide evenly through food, while dull knives tug, requiring more force. A dull knife often leads to accidents due to how much pressure you need to exert when using it.



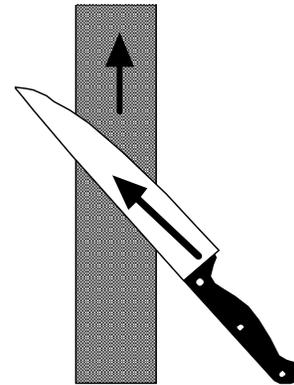
Honing steels do not sharpen knives. Instead, they are used to keep a knife blade sharp in between sharpenings by realigning the microscopic burrs that make up the fine edge of your blade. Once the burrs are broken or bent, a sharpening steel will no longer help. To use a sharpening steel, hold your knife at a 20 degree angle against the steel and run it from tip to heel in one smooth motion. The safest way to use sharpening steel is to hold it point-down against a worktable, sweeping your blade against it.

Whetstones: are used to sharpen the edges of steel tools such as knives. They do this by removing material from the blade's edge. They are made of various materials including natural or synthetic stone, diamond particle, and ceramic. They come in various grit sizes, ranging from around 100 to 10,000+. The lower the number, the coarser the grit, and the more material it will take off the knife. Most whetstones come with two sides: one for sharpening and the other for polishing. To sharpen with a whetstone, there are two methods:

Method One: Lubricate the sharpening stone with sharpening stone oil or water. Place the knife on the stone using a 25-degree angle of the blade to the stone. Move the knife right to left while also pulling it toward yourself (to cover the entire blade of the knife in the sharpening process). Turn over the knife and repeat the process in reverse.



Method Two: Lubricate the sharpening stone with oil* or water. Place the knife on the stone using a 25-degree angle of the blade to the stone. Push the knife forward and to the left from tip to butt. Turn over the knife and repeat process in reverse, pulling knife toward you, starting at the butt and ending at the tip.



Electric and Hand-held Knife Sharpeners: are designed to imitate the motion of a sharpening stone. When using knife sharpeners, the key is to use a single smooth motion as you pass the blade through. Jerks or pauses result in an uneven, gouged blade that may require professional attention.

KNIFE STORAGE

Proper knife storage is essential for maintaining the longevity and performance of your blades in a busy commercial kitchen. Ultimately, knife storage relies on correct cleaning and drying procedures to prolong the longevity of your knives. Here are some practical tips to help you store knives safely and effectively:

- Thoroughly clean and dry knives before storing them to prevent rust and bacterial growth.
- Organize knives by size and streamline kitchen operations.
- Keep blades from rubbing against each other in storage to avoid nicks and dulling.
- Clean and maintain storage units regularly to ensure they remain hygienic and functional.
- Prioritize knife safety when choosing a storage option. Use edge guards for additional protection and keep knives out of high-traffic areas.
- Label specialty knife storage slots to avoid confusion and ensure proper use.

Knife Rack: Designed to hold multiple knives securely and within easy reach but keeps the blades covered to ensure safety and hygiene. Typically wall-mounted or freestanding, knife racks offer designated slots or hooks for each knife and securely hold them in place. The clear visibility and orderly arrangement of knives on a rack streamline workflow, enhancing efficiency in busy commercial kitchens.

Knife Block: Made from wood, bamboo, or plastic, they feature openings where the blades are inserted, keeping the knives organized and within easy reach. Though it's a convenient storage option, it lacks the flexibility of a magnetic strip

or knife roll. Additionally, knife blocks can dull the knives and create sanitation concerns if cleaned improperly.

Magnetic Knife Strip: Versatile and space-saving storage solution that mounts on the wall, using strong magnets to securely hold knives in place. These strips are typically made of stainless steel or wood and provide an efficient way to organize and display knives while keeping them easily accessible. Though they offer a practical and stylish way to store knives while maximizing available workspace, ensure they are regularly cleaned and checked for stability to ensure safety.

Knife Roll: Portable storage solution designed for chefs and culinary professionals who need to transport their knives and tools easily. Typically made from durable materials like canvas, leather, or nylon, knife rolls feature individual slots or pockets for each knife, allowing them to be rolled up and secured with straps or buckles.

Drawer Knife Block: is a storage solution designed to fit inside a kitchen drawer, keeping knives organized and out of sight. These blocks come in various configurations, often made from wood, bamboo, or plastic, with slots or compartments to securely hold each knife. This option combines convenience with safety, making it popular in many commercial kitchens.

Edge Guards: Protect your blades when stored alongside other utensils in a box or drawer. Made from durable plastic, silicone, or rubber, edge guards slide over the knife's blade, covering the sharp edge. Knife sheaths fully encase the blade and often part of the handle, while edge guards focus solely on the blade's cutting edge for a more compact solution. Both options offer practical, space-saving, and cost-effective ways to protect knife blades.

CUTTING BOARDS

Choosing the correct cutting board is as important as choosing the correct knife. Characteristics you should look for when selecting a cutting board:

- It should be easy to clean and sanitize.
- It should protect the edge of your knife from becoming dull too quickly.
- It should be rough enough to keep your food from moving around as you chop.

It is also important to prevent the cutting board from moving around during use.

- Cutting boards with rubber feet can help secure the board to the work surface. However, it limits you to using only one side of the cutting board.
- Cutting boards with grippers in the corners allow both sides to be used.
- Non-slip mats can be used to secure any cutting board.
- If none of the above are available, a good substitute is a damp (not wet!) dishcloth. Place it under the cutting board, then try to slide the board around before you start cutting. If the cutting board slides, re-dampen the cloth.

CUTTING TECHNIQUES

Cutting items to specific sizes and shapes is essential. Consistently sized pieces cook evenly and at the same rate. Decorative cuts are pleasing to the eye and allow the food to serve as a garnish.

Cutting Foods

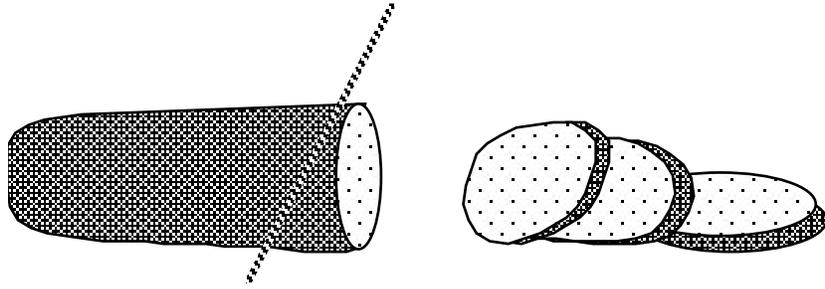
1. Squaring off is helpful for most types of food. Make straight cuts with your fingers curled back to create a flat surface on all four sides. This also eliminates the need to peel vegetables before cutting them.
2. Make a series of slices or planks straight down through the food. These slices can be stacked or cut individually into sticks, batonnet, or julienne.
3. Sticks can then be cut into cubes – or dice.
4. Cuts should be made by lifting the heel end of the knife off the cutting board, then slicing forward and down in a single smooth motion.

Cutting Onions

1. Cut the stem end off, leaving the hairy roots.
2. Place the onion on the newly cut flat side and slice straight down through the middle of the root end to cut the onion in half. Peel the onion.
3. Working close to the edge of the counter or worktable, make a series of horizontal slices through each onion half, working from the bottom up (depending on the size of the onion, you should be able to make three or four cuts).
4. Make a series of vertical cuts through the fattest part of the onion. DO NOT cut through the root end – this is holding everything together to make the next step easier.
5. To finish dicing the onion, make a second series of vertical cuts starting at the stem end (where you made the first cut) and continuing back toward the root end (that is holding everything together). Stop cutting if the root end becomes too small to hold onto securely. Only cut back as far as you feel comfortable going!

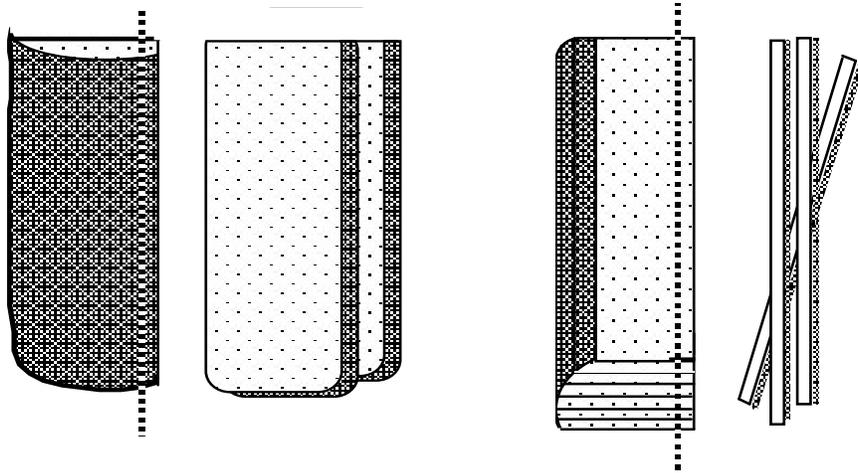
HOW TO SLICE, JULIENNE, AND DICE

SLICING



Cut the vegetable crossways into the desired thickness. For an oval slice, angle the cut. For half circles, cut the vegetable in half and slice.

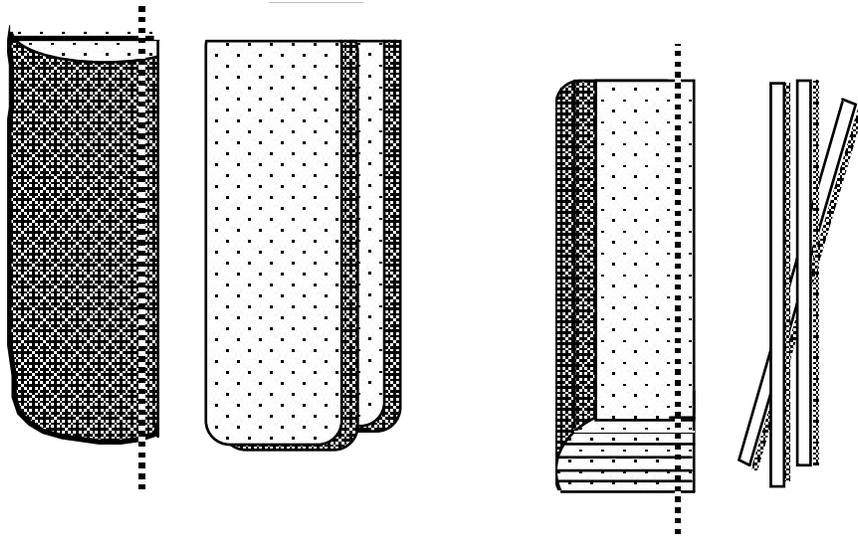
JULIENNE



Slice vegetable lengthwise into desired thickness

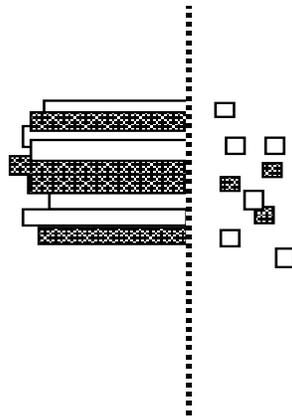
Stack slices, cut again lengthwise into desired thickness, this will yield julienne

DICING



Slice vegetable lengthwise into desired thickness

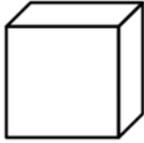
Stack slices, cut again lengthwise into desired thickness



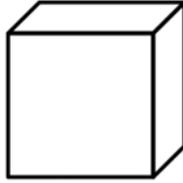
Bundle the sticks (julienne) and cut crosswise into cubes (brunoise)

*The thickness of all the cuts will determine the end result and the name of the cut (e.g. brunoise, small, medium & large dice).

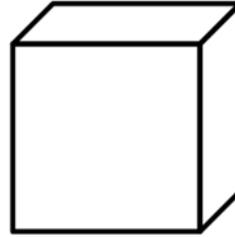
BASIC KNIFE CUTS



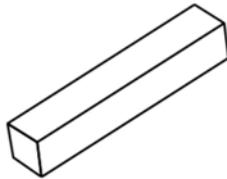
Small Dice
1/4" cube



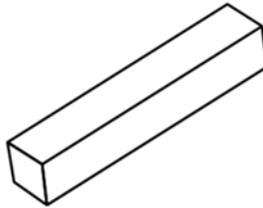
Medium Dice
1/2" cube



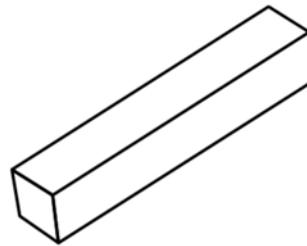
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



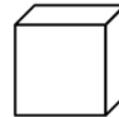
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



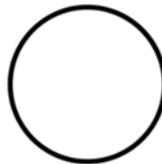
Chop
1/8"-1/4" cube



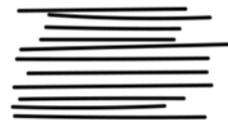
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
½ ounce (oz.)	=	14 g
1 ounce	=	28.35 g. (approx. 30 g)
2 ounces	=	56 g. (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (16 oz.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter	=	35 fl. oz. (1 ¾ pt.)

METRIC CONVERSION TABLE

To Change...	To...	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

*Example: 9°F above boiling equals 5°C above boiling.

TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	½	1/16	---	14
6	2	1	1/8	1/16	28
12	4	2	¼	1/8	57
24	8	4	½	¼	113
36	12	6	¾	⅜	170
48	16	8	1	½	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

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