

CHEF'S KNIFE

ELECTIVE ADVENTURE



200 Webelos

SNAPSHOT OF ADVENTURE



The most common use of a knife is in the kitchen. In this Adventure, you will learn the safety rules about using a knife in the kitchen and some basic instructions on how to use a kitchen knife. It's time to slice and dice.

This Adventure is required in order for you to use any knife during a Cub Scout activity. Even if you earned the Whittling Adventure as a Bear, you must earn the Chef's Knife Adventure as a Webelos to earn the privilege of using a knife during a Cub Scout activity.

REQUIREMENTS

Approved by

1. Read, understand, and promise to follow the Cub Scout Knife Safety Rules.
2. Demonstrate the knife safety circle.
3. Demonstrate that you know how to care for a kitchen knife safely.
4. Choose the correct cooking knife, and demonstrate how to properly slice, dice, and mince.



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TYPES OF KITCHEN KNIVES

There are a lot of different types of kitchen knives. Some are designed for very specific jobs, and others are designed for multiple jobs. Here are the four most common kitchen knives.



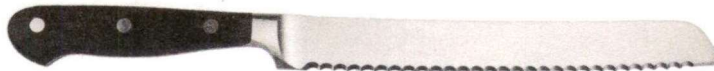
Chef's Knife (8 inches or 10 inches)

A chef's knife is the most common knife. It can be used to slice, dice, and mince meat, fruit, vegetables, or any kind of food.



Paring Knife (3 inches)

A paring knife is small by design and is used for small detail cutting, like peeling an apple. Since it has a thin blade, it's usually used for fruits and vegetables.



Long Serrated Bread Knife

A knife that is serrated has a blade with ridges. These ridges work like a saw and prevent the bread from getting squished when cutting.



Slicing/Carving Knife (10 inches)

A carving knife is designed to slice and cut through meat.

REQUIREMENT 1

Read, understand, and promise to follow the
Cub Scout Knife Safety Rules.

There are four Cub Scout Knife Safety Rules that focus on knife safety. A parent, den leader, or another adult may have additional rules you must follow.

CUB SCOUT KNIFE SAFETY RULES

Stop — Make sure no one else is within arm's reach by making a knife safety circle.

Away — Always cut away from your finger or other body parts.

Sharp — A sharp, clean knife is a safe knife.

Store — Store knives closed, in a sheath or knife block.

Source: American Knife and Tool Institute

OTHER RULES I MUST FOLLOW

REQUIREMENT 2

Demonstrate the knife safety circle.

Make a safety circle. Before you pick up your knife to use it, stretch your arm out and turn in a circle and reach above your head. If you cannot touch anyone or anything else, it's safe to use your knife. While using your knife, be sure to watch in case someone walks toward you and gets too close.



REQUIREMENT 3

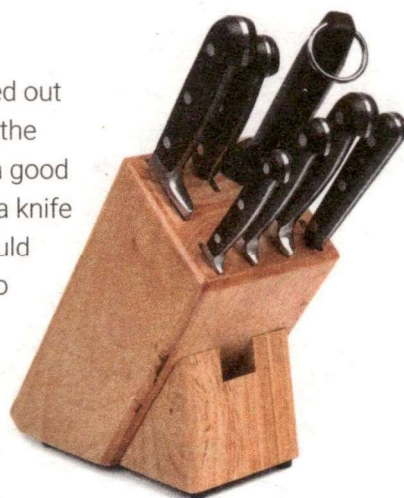
Demonstrate that you know how to care for a kitchen knife safely.

KEEPING YOUR KNIFE SHARP

It is recommended that you have a professional sharpen kitchen knives. Remember that you don't sharpen serrated blades.

STORING KITCHEN KNIVES

Kitchen knives should be stored out of the reach of children and with the blades covered. A knife block is a good choice to keep knives safe. Or, if a knife block is not available, knives should be stored with their knife guard to prevent unwanted injury.



USING KITCHEN KNIVES

Always use a cutting board when using a kitchen knife. Make sure that the cutting board is flat and stable. Place a kitchen towel flat under a cutting board to give it greater stability. Always follow the Cub Scout Knife Safety Rules.



WASHING KITCHEN KNIVES

Always wash your knife when you're done using it and be careful when washing it by hand. Make sure your kitchen knife is dishwasher safe before placing it in a dishwasher. Knives should always be placed blade side down into the utensil basket. If the kitchen knife has a wooden handle, chances are it is not dishwasher safe.



First Aid for Knife Cuts

Accidents can happen even when you are being careful. It is important that you know what to do if you or one of your fellow Cub Scouts is cut while using a knife.

Small cuts in the skin can allow bacteria to enter the body and cause infection. Wash minor cuts with soap and water. Apply first-aid cream and cover with a dry, sterile dressing or an adhesive bandage to help prevent infection and protect the wound. Clean and rebandage wounds daily. If the cut is more serious, get help from an adult immediately.

Taking proper care of a wound will help prevent other health issues like an infection.

REQUIREMENT 4

Choose the correct kitchen knife,
and demonstrate how to properly slice,
dice, and mince.

Before you start using a kitchen knife, learn these basics.

GRIP

Use the hand that you are most comfortable with. You can grip the knife on the handle (called the handshake grip), or you can use the pinch grip. The pinch grip is where you pinch the blade of the knife just above the bolster with your thumb and forefinger, then wrap the other fingers around the handle.



THE CLAW

When holding the object you are cutting, use the claw technique to keep the object stable and your fingers out of the way. To make a claw, shape your free hand into a claw by tucking four fingers behind your middle finger. Tightly grip the food with your claw hand, using all five fingers to hold it steady, with the thumb and



pinky finger stabilizing the sides. Make sure the fingertips are always farther back from the knife edge than the knuckles.

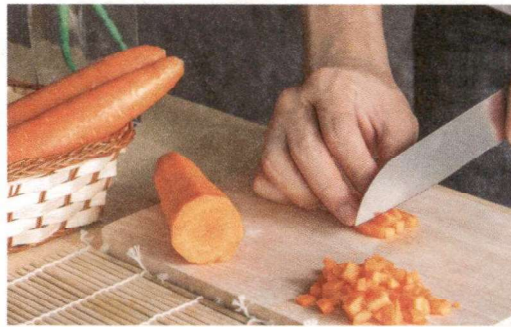


SLICE

Move the knife in a rocking, tip-to-heel motion to cleanly slice food all the way through. Slide the fingers of your claw hand back, and move the knife (not the food) after each cut. Experienced chefs use the knuckle of their middle finger as a width guide for slices.

DICE

Cutting food into uniform cubes is a three-step process. First cut food into even slices. Stack two or three slices on the cutting board, then cut them lengthwise



into thick sticks. Holding the sticks together with your claw hand, cut the sticks crosswise into dice. When working with large quantities of food, make room on the cutting board by transferring the dice to a bowl.

MINCE

Aromatic herbs, ginger, and garlic need to be minced into fine bits that will permeate a finished dish. Place the knife next to the item to be chopped, and set your free hand flat on the tip of the knife. Hold the tip down as you move the knife heel up and down in a chopping motion, rocking back and forth over the food until it is finely minced.

