

essential knife skills & foundational cooking techniques

wed 16 sept 8p est

In this class we'll focus on executing precise knife cuts and understanding how to develop flavor in turning our vegetables into a delicious & versatile meal of corn chowder & cabbage slaw.

How to prep your workspace:

Make sure you have enough room to work with on your kitchen counter - minimize clutter and make sure your workspace is clean. I like to keep a small bowl for compost within arm's reach. Place a piece of damp paper towel or kitchen cloth underneath your cutting board to keep it secure. Make sure your vegetables are washed and air dried (herbs can be spun in a salad spinner if you have one). Pull out your sharpest chef's knife! Ideally your knife is an extension of your hand — its size, weight, balance, and look should all feel natural to you.

Techniques:

- How to hold & hone your knife
- Basic knife cuts (ex: slice, dice, bias, oblique, julienne, mince, supreme)
- Fundamentals of building/layering flavor

Basic tools to have on hand:

- 1 Chef's knife (8"-12" blade)
- 1 peeler
- 1 Cutting board
- 1 medium mixing bowl
- 1 medium-sized saute pan (can be nonstick, cast iron, aluminum, stainless steel)
- 1 small soup pot (2-4 qts)
- A few small bowls
- Honing steel (This is included in the material packet add-on, or available for purchase on Amazon. I recommend the Kota 12" carbon steel.)

Ingredient list:

- 1 medium onion (white or yellow)
- 4 large garlic cloves
- 2 ears fresh corn
- 1 large Idaho potato
- 1 large carrot
- 2 stalks of celery
- ½ head cabbage (green or red)
- 1 bu parsley or cilantro
- 1 navel orange
- 1 bu scallions
- ¼ cup olive oil
- Salt (I prefer kosher but sea salt or iodized table salt works too)
- Black pepper
- 1-2 tbsp granulated sugar
- ¼ cup any kind of vinegar (rice, white, red, apple, etc.)
- 2 tbsp all-purpose flour
- 2 tbsp unsalted butter
- 1 cup whole milk
- Opt: red chili flakes, feta or cotija cheese (or any cheese you prefer for salad)

More questions?
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