



# COOKING BASICS JOB AIDS

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# HOW TO USE A SHARPENING STEEL

There are several methods for using a sharpening steel.







## Method #1

This is the method our chef demonstrated.

 <p>Start with the knife in a vertical position. The heel of the blade should be lightly touching the tip of the steel at a 20° angle. Keep the steel about an arms length away from your body.</p>	 <p>Begin to pass the knife along the length of the steel, maintaining light pressure and a constant 20° angle.</p>	 <p>Continue in a smooth motion, using the entire length of the steel.</p>	 <p>Complete the stroke by passing the tip of the knife across the steel.</p>
 <p>Move to the other side of the knife blade, and again place the knife in contact with the steel at a 20° angle.</p>	 <p>Follow the same movement, passing the knife along the entire length of the steel.</p>	 <p>Alternate strokes—first on one side of the blade; then on the other.</p>	 <p>Maintain the same pressure and angle on both sides of the knife, using feather-like, even strokes.</p>









## Method #2

Sometimes beginners find it easier to use this method:

 <p>Hold the steel in a near vertical position, with the tip resting on the cutting board.</p>	 <p>Place the knife pointing slightly upward, so that it lightly touches the steel and rests at a 20° angle to it. Hold the heel of the blade at the guard of the steel.</p>	 <p>Pass the knife along the length of the steel, maintaining light pressure, and a constant 20° angle. Continue in a smooth motion, using the entire length of the steel.</p>
 <p>Complete the stroke by passing the tip of the knife across the tip of the steel.</p>	 <p>Move to the other side of the knife blade. Again place the heel of the blade at the guard of the steel at a 20° angle.</p>	 <p>Alternate strokes, keeping them feature light and even. Maintain the same pressure and angle on both sides of the knife.</p>

Use the steeling method that is the most comfortable for you. And remember —only use about five to six strokes on each side of the knife blade. If this does not restore the edge, then you need to use a sharpening stone.

# HOW TO USE A SHARPENING STONE

			
<p>Start with the heel of the knife against the stone.</p>	<p>Hold the blade against the stone at a constant 20° angle.</p>	<p>Start to draw the knife over the stone, pressing gently on the blade.</p>	<p>Draw the knife across the stone all the way to the tip of the blade.</p>
			
<p>Turn the knife over, so that the side of the blade you have sharpened is facing up.</p>	<p>Repeat the same motion on this side of the blade. Make light, even strokes on each side, in equal number, and of equal pressure. Be sure to sharpen in one direction only to get a regular, uniform edge.</p>	<p>Five to six strokes on each side should be about right. Finish with a few strokes on the steel.</p>	<p>Then wipe the blade clean, using the back edge of the blade.</p>



## CAN SIZES AND APPROXIMATE YIELDS

### CAN SIZES

### APPROXIMATE YIELD

6 ounce can	$\frac{3}{4}$ cup
8 ounce can	1 cup
No. 1 picnic	1 $\frac{1}{4}$ cups
No. 300 (for specialty items)	1 $\frac{3}{4}$ cups
No. 303 retail size	2 cups
No. 2 retail size	2 $\frac{1}{2}$ cups
No. 2 $\frac{1}{2}$ retail size	3 $\frac{1}{2}$ cups
No. 5 institutional size	5 $\frac{3}{4}$ cups
No. 10 institutional size	12 cups



## ABBREVIATIONS

tsp.	Teaspoon
Tbs.	Tablespoon
C	Cup
oz	Ounce
g	Gram
fl. oz	Fluid ounces
pt	Pint
qt	Quart
gal	Gallon
pk	Peck
bu	Bushel

## WEIGHTS AND MEASURES

16 Tbs. = 1 C	1 cup ( C ) = 8 fl. oz
12 Tbs. = 3/4 C	1 C = 1/2 pt
10 Tbs. + 2 tsp. = 2/3 C	2 C = 1 pt
8 Tbs. = 1/2 C	4 C = 1 qt
6 Tbs. = 3/8 C	2 pt = 1 qt
5 Tbs. + 1 tsp. = 1/3 C	4 qt = 1 gal
4 Tbs. = 1/4 C	8 qt = 1 pk
2 Tbs. = 1/8 C	4 pk = 1 bu
2 Tbs. + 2 tsp. = 1/6 C	
1 Tbs. = 1/16 C	
48 tsp. = 1 C	1 oz = 28.35 g
3 tsp. = 1 Tbs.	1 g = 0.035 oz
Dash = 1/8 tsp	1 lb. = 16 oz



## METRIC ABBREVIATIONS

### Volume

ml	Milliliter	
cl	Centiliter	= 10 ml
dl	Deciliter	= 100 ml
l	Liter	= 1,000 ml
dal	Dekaliter	= 10 l
hl	Hectoliter	= 100 l
kl	Kiloliter	= 1,000 l

### Weight

mg	Milligram	
cg	Centigram	= 10 mg
dg	Decigram	= 100 mg
g	Gram	= 1,000 mg
dag	Dekagram	= 10 g
hg	Hectogram	= 100 g
kg	Kilograms	= 1,000 g
t	Metric ton	= 1000 kg

## METRIC CONVERSION FACTORS

### Volume

1/5 tsp. = 1 ml	1 ml = 0.034 oz or 1/5 tsp.
1 tsp. = 5 ml	5 ml = 1 tsp.
1 Tbs. = 15 ml	15 ml = 1 Tbs.
1/5 C = 50 ml	34 ml = 1 fl. oz
1 C = 237 ml	100 ml = 3.4 fl. oz
2 C (1 pt) = 470 ml	240 ml = 1 C
4 C (1 qt) = .946 l or 95 ml	1 l = 33.8 fl. oz or 4.2 C or 2.1 pt or 1.06 qt or .26 gal
4 qt (1 gal) = 3.8 l	
1 fl. oz = 29.57 ml	





### Weight

1 fl. oz = 28.35 g	1 g = 0.035 oz
1 lb = 454 g	100 g = 3.5 oz
	500 g = 1.10 lbs
	1 kg = 2.205 lbs, 35 oz

# HOW TO HOLD A CHEF'S KNIFE





A proper grip on your chef's knife will give you better control, increase your cutting speed and accuracy, and help you avoid accidental cuts. This is the grip our chef demonstrated.

## Method #1

			
<p>Let the knife rest in the palm of your hand, with your index finger on the heel of the blade, and your three fingers together, at right angles to the knife.</p>	<p>Keep your thumb relaxed and parallel to the knife. Then, grip the handle with your three fingers. Your index finger should be touching the back of the bolster and resting flat against the blade.</p>	<p>Place your thumb on the front of the blade. The tip of your thumb should be on the opposite side of the blade from the joint of your index finger.</p>	<p>Turn the knife so that it is at a right angle to the cutting board. Hold the knife securely so that it doesn't rub loosely against your hand.</p>

## Method #2

Another popular method for holding a chef's knife is as follows:


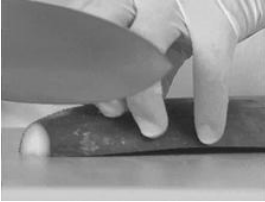

			
<p>Let the knife rest in your open palm, with your four fingers together at right angles to the knife. Keep your thumb relaxed and parallel to the knife.</p>	<p>Fold your fingers and at the same time, tighten the grasp of your palm. Keep your thumb relaxed.</p>	<p>Turn the knife so that it is at a right angle to the cutting board. Hold the knife securely so that it doesn't rub your hand as you work.</p>	<p>Now, rest your thumb on the knife handle, near your index finger.</p>







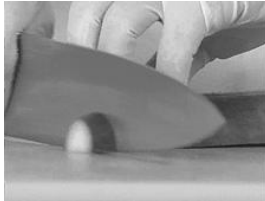
## HOW TO HOLD YOUR GUIDING HAND

By holding your guiding hand properly, you can ensure that the product you are cutting won't slip, you can control the size of your cut, and you can avoid cutting your fingers.

		
<p>Place your thumb and little finger parallel to each other on the product.</p>	<p>Bend your other three fingers and rest them on the product, with your middle finger at the top of the product.</p>	<p>Now, slide the blade of the knife against your knuckles for guidance.</p>

## GENERAL SLICING TECHNIQUES

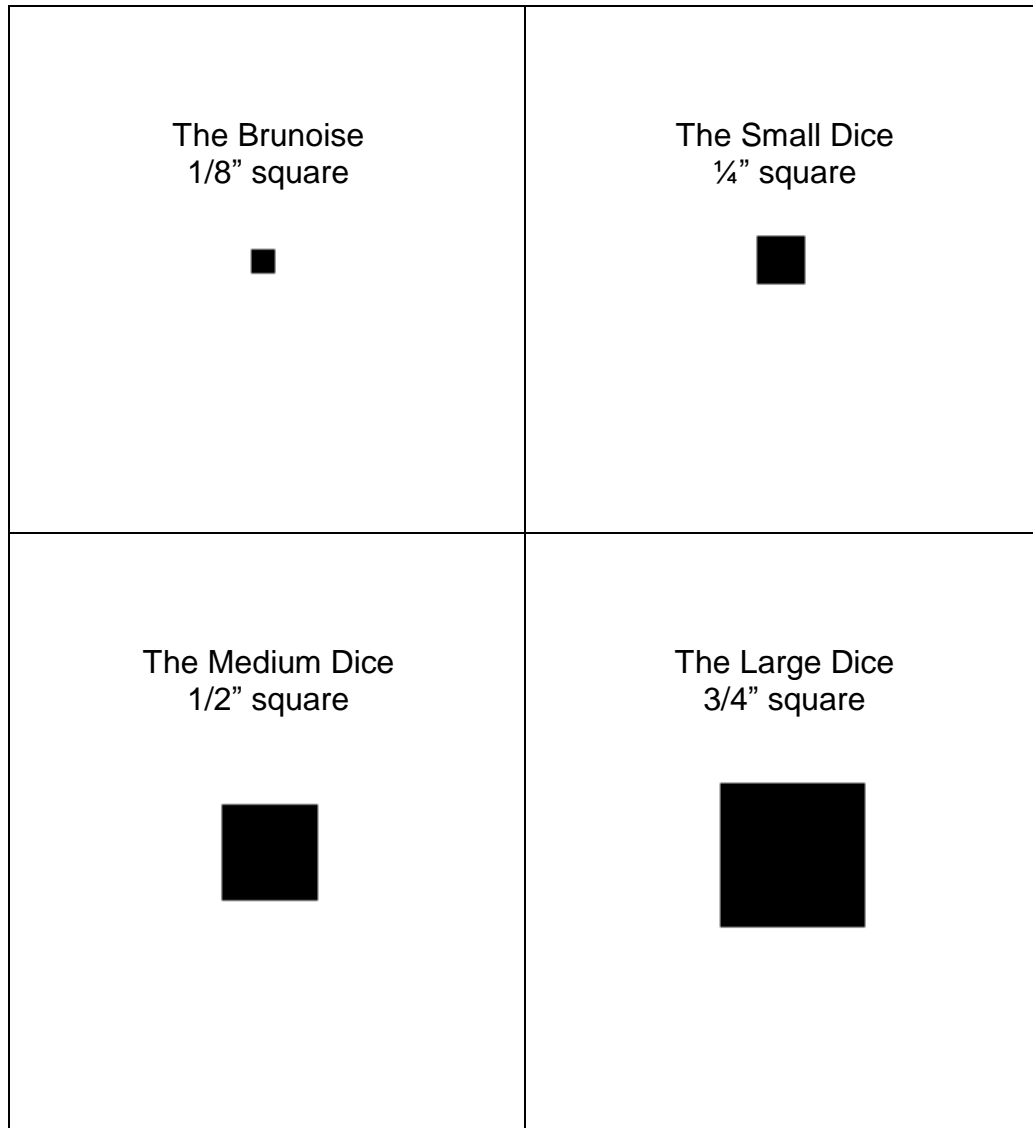
For general slicing, follow the technique shown below.

		
<p>Start the blade at about a 45o angle to the cutting board, with the tip on the product.</p>	<p>Slice downward and forward through the product, in a smooth motion.</p>	<p>The slice ends with the blade perpendicular to the cutting board.</p>



## PRACTICE THE BASIC CUTS

You can practice your basic cuts by photocopying the following pages onto transparency film. Then lay each transparency on your cutting board, place the product on top of the transparency, and practice cutting the product into the exact shapes and sizes on the transparency.





The Julienne  
1/8" x 1/8" x 2 1/2"



The Batonnet  
1/4" x 1/4" x 3"



The French Fry  
1/3" x 1/3" x 3"



The French Fry  
1/2" x 1/2" x 3"





## ROUX PROPORTIONS TO THICKEN ONE GALLON OF LIQUID

<b>Thickness Desired</b>	<b>Amount of Liquid</b>	<b>Amount of Roux</b>	<b>Amount of Butter</b>	<b>Amount of Flour</b>
Thin	1 gal (4L)	12 oz. (375g)	6 oz. (190g)	6 oz. (190g)
Medium	1 gal (4L)	1 lb. (500g)	8 oz. (250g)	8 oz. (250g)
Thick	1 gal (4L)	1 ½ lb. (750g)	12 oz. (375g)	12 oz. (375g)



## **BASIC FABRICATED CUTS OF MEAT AND POPULAR COOKING METHODS**

Cuts with more connective tissue tend to be tough, and should be cooked slowly with moist heat. Tender cuts come from sections of the animal where the least body movement and stress occur.

*You can click on any of these subjects to go there, or use the menu to your left.*

[Beef](#)

[Pork](#)

[Lamb](#)

[Veal](#)



## Popular Cuts of Beef



### #1

Chuck, Square Cut (Moist heat cooking methods)

Fabricated cuts: Boneless inside chuck  
Chuck tender  
Chuck short ribs  
Cubed steaks  
Stew meat  
Ground chuck

#2 Brisket (Except for ground beef, moist heat cooking methods)

Fabricated cuts: Boneless brisket  
Corned beef brisket  
Ground beef

#3 Shank (Except for ground beef, moist heat cooking methods.)

Fabricated cuts: Stew meat  
Ground beef

#4 Rib (Prime rib and steaks—dry heat cooking methods; short ribs—moist heat cooking methods.)

Fabricated cuts: Prime rib (Rib roast)  
Rib-eye steaks  
Short ribs



## Popular Cuts of Beef



### **#5** Short Plate (Except for ground beef, moist heat methods)

Fabricated cuts: Short ribs  
Stew meat  
Ground beef

### **#6** Short Loin (Dry heat cooking methods)

Fabricated cuts: T-bone steaks  
Porterhouse steaks  
Strip loin  
New York Strip steaks  
Short tenderloin

### **#7** Sirloin (Dry heat cooking methods)

Fabricated cuts: Top sirloin butt  
Sirloin steaks  
Butt steaks  
Baseball steaks

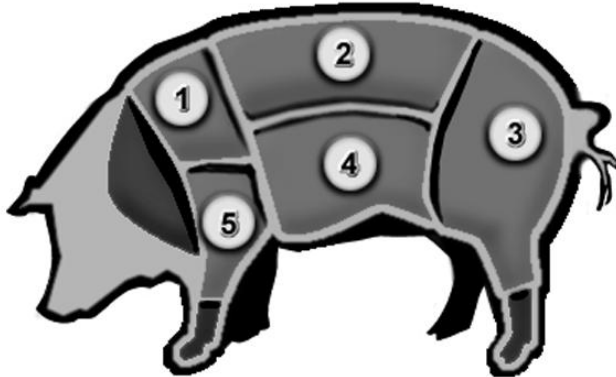
### **#8** Flank (Moist heat cooking methods)

Fabricated cuts: Flank steak  
Ground beef

### **#9** Round (Dry and moist heat cooking methods; sandwich meat)

Fabricated cuts: Inside top round  
Bottom round

## Popular Cuts of Pork



### #1 Boston Butt (Dry and moist heat cooking methods)

Fabricated cuts: Butt steaks  
Shoulder roasts  
Ground pork  
Sausage meat

### #2 Loin (Dry and moist heat cooking methods)

Fabricated cuts: Loin roast  
Loin and rib chops  
Country-style ribs  
Canadian bacon

### #3 Ham (Dry and moist heat cooking methods)

Fabricated cuts: Fresh ham  
Smoked ham  
Ham steaks

### #4 Spareribs & Belly (Moist heat cooking methods)

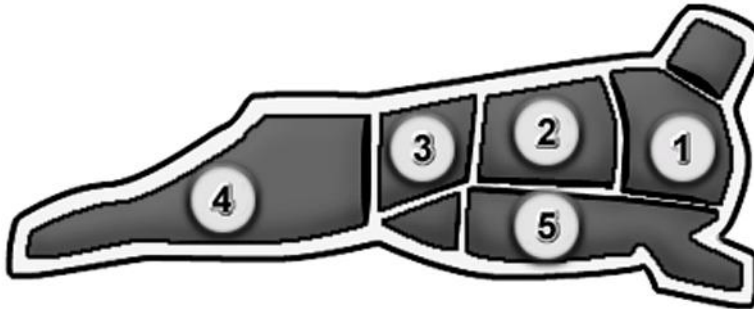
Fabricated cuts: Spareribs  
Bacon

### #5 Shoulder (Dry heat cooking methods)

Fabricated cuts: Fresh and smoked picnic  
Shoulder hocks  
Ground pork  
Sausage meat



## Popular Cuts of Lamb



### #1 Shoulder (Dry and moist heat cooking methods)

Fabricated cuts: Shoulder roasts  
Shoulder chops  
Stew meats  
Ground lamb

### #2 Hotel Rack (Dry heat cooking methods)

Fabricated cuts: Rack of lamb (rib roast)  
Crown roast  
Rib chops

### #3 Loin (Dry heat cooking methods)

Fabricated cuts: Loin roast  
Loin chops

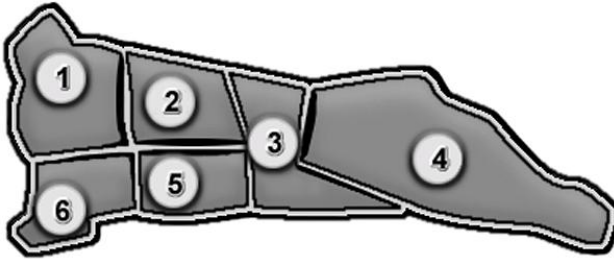
### #4 Leg (Dry heat cooking methods)

Fabricated cuts: Leg roast  
Sirloin chops

### #5 Breast and Shank (Moist heat cooking methods)

Fabricated cuts: Stew meat  
Ground lamb

## Popular Cuts of Veal



**#1 Shoulder, Square Cuts** (Moist and dry heat cooking methods)

Fabricated cuts: Shoulder roast  
Shoulder chops  
Stew meat  
Ground veal

**#2 Hotel rack** (Dry and moist heat cooking methods)

Fabricated cuts: Rib roast  
Rib chop

**#3 Loin** (Dry and moist heat cooking methods)

Fabricated cuts: Loin roast  
Loin chops

**#4 Leg** (Dry heat cooking methods for roast, scaloppini or cutlets; moist heat cooking methods for osso buco)

Fabricated cuts: Leg roast  
Scaloppine or cutlets  
Shank cross cuts

**#5 Breast** (Moist and dry heat cooking methods)

Fabricated cuts: Boneless breast  
Ground veal

**#6 Shank** (Moist heat cooking methods)

Fabricated cuts: Shank cross cuts (osso bucco)



# SAFE TIME AND INTERNAL TEMPERATURE REQUIREMENTS FOR COOKED FOODS (FDA 2014 FOOD CODE)

PRODUCT	SAFE TIME AND INTERNAL TEMPERATURE REQUIREMENTS
<p>All types of poultry, including ground poultry Stuffed meats, poultry, pasta, fish Stuffing that contains TCS</p> <p>Microwaved raw animal foods/eggs</p> <p>Reheated leftovers</p>	<p>165°F for 15 seconds</p> <p>165°F, allow cooked food to stand for at least 2 minutes.</p> <p>165°F for 15 seconds within two hours</p>
<p>Ground, minced, and chopped meats and fish Mechanically tenderized meats, flavor-injected meats, brined ham Eggs hot-held for service</p>	<p>155°F for 15 seconds</p>
<p>Whole roasts of beef, pork, veal, and lamb</p> <p>Beef, veal, pork, and lamb chops</p> <p>All types of seafood, including fillets and shellfish</p> <p>Shell eggs made to order</p>	<p>145°F for four minutes</p> <p>145°F for 15 seconds</p>
<p>Hot held commercially processed, ready-to-eat foods</p> <p>Vegetables, beans, grains, and fruits</p>	<p>135°F</p>
<p>Rare roast beef and corned beef</p>	<p>130°F for 112 minutes</p>



## COMMON HERBS AND SPICES

	<b>Common Uses</b>
<b>Allspice</b>	Braised meats, poached fish, and sausages.
<b>Basil</b>	Pesto, chicken, tomato sauce and tomato dishes, veal, gazpacho, eggplant, egg dishes, lamb chops.
<b>Bay leaves</b>	An essential herb for stocks, sauces, stews, and braised meats.
<b>Chili powder</b>	Used in chili, spicy ethnic dishes, egg dishes, and ground meats.
<b>Chives</b>	Egg and cheese dishes, salads, baked potatoes, fish, soups.
<b>Cilantro (Coriander)</b>	Salsa, egg dishes, beef, pork, chicken, sausage, curried dishes, vinegar, soups, asparagus.
<b>Curry powder</b>	Curried dishes, eggs, fish, soup, rice, vegetables.
<b>Dill</b>	Sour cream, herb butters, pickles, cheese and egg dishes, fish, chicken, soups, vegetable dishes, salads.
<b>Garlic</b>	Popular in a wide variety of dishes.
<b>Marjoram</b>	Herb butters, cheese dishes, chicken, liver, ground meats, braised meats, lamb, soups, a variety of vegetable dishes, sauces.
<b>Nutmeg</b>	Soups and sauces, chicken, veal, and a variety of vegetable dishes.
<b>Oregano</b>	Cheese dishes, Italian and Mexican dishes, sauces—especially tomato sauce, ground meats, salads, a variety of vegetable dishes—especially tomato dishes.
<b>Parsley</b>	Can be used in almost all dishes.
<b>Pepper (Black and white)</b>	One of the most widely used spices. White pepper is used in sauces where it is desirable not to see the black specks.
<b>Rosemary</b>	Stuffing, egg dishes, lamb, pork, chicken, veal, stews, soups, meat sauces, various vegetable dishes.
<b>Sage</b>	Sauces, sausage, turkey, pork, poultry stuffing, beans and tomatoes.
<b>Savory</b>	Many meat, poultry, fish, egg, and vegetable dishes.
<b>Tarragon</b>	Herb butters, egg dishes, braised lamb, fish, chicken, soups, a variety of vegetables, Béarnaise sauce, vinegar, salads and dressings.
<b>Thyme</b>	A very versatile herb used in egg dishes, beef, poultry, fish, veal, sauces, and various vegetable dishes.