

Equipment and Tools Help Make Cutting Easy

Here is a list that you might want to check out: bench scraper, blender, box grater, colander, steam basket, food processor, citrus juice squeezer, kitchen shears, mandolin, microplane, salad spinner, vegetable brush, vegetable peelers – regular, thin peel, and julienne blade.

Cara Mangini, a Vegetable Butcher Expert recommends:

A sharp knife and peeler can handle most of the basic cuts. How a vegetable is cut impacts how it cooks, appears, and even tastes. They can be cut in various degrees of small, medium, or large. Forms almost seem endless with various slices, slabs, sticks, or rounds.

Vegetable peelers – swivel peeler – for most vegetables, Y-shaped peeler for roundish vegetables; paring knife to core, peel and trim; chef's knife for thick hard or rough root type vegetables.

A digital scale – eliminates guessing

Chopping, mincing, and ribbon cuts or chiffonade. Various knives work best for these cuts. Roll herb leaves together in one direction; fine cut roll into chiffonade ribbons.

Slicing – depends on the shape of the vegetable, remember it's the tip of the blade down to the heel; create thick or thin slabs, rounds, planks; further break down into sticks, matchsticks, julienne.

Mandoline: It makes quick work for cutting very thin uniform slices, wonderful for firm vegetables, cut large vegetables in half for easy cutting. You might want to peel the vegetables before slicing. It is easy to cut very thin vegetable slices.

Using **mandoline attachments:** Adjust and change the slicing plate. Make sure to check your hand pressure and use a safety guard. Then just slide it back and forth.

For **Grating and Shredding:** Use your box grater or small food processor. For Fine Grating: Use a microplane rubbing the skin in one direction against the cutting edge. This is great to use for citrus peels.

Wave Cutter Used to make crinkle cut vegetables. It chops, slices, and cuts decorative wavy-cut vegetables and fruits quickly and easily.

Food Processor: – Use various attachments to process vegetables into different shapes and cuts.

Blender: – Use to puree or combine ingredients

For More Information on Cutting Techniques: See The Vegetable Butcher by Cara Mangini, Workman Publishing, New York, 2016.