

vegetable cuts

These are finely sliced or shredded green vegetables, usually lettuce or spinach. Most commonly used as a base for serving food or as a garnish.

march
2024

MARCH
2024

Types of Cuts of vegetables

Brunoise, macedoine,julienne, paysanne, wedges, mirepoix,chiffonade, jardiniere.

Techniques for Precision Vegetable Cuts

- Stay Sharp: Always start with a sharp knife for clean cuts.
- Secure the Cutting Board: A non-slip surface is crucial for safety.
- Consistent Pressure: Apply even pressure while cutting to maintain uniformity.

MARCH
2024

Precautions and Care

- Never rush cutting: Speed comes with practice, not pressure.
- Mind the edge: Always cut away from your body.
- Cleanliness is key: Regularly clean your knives and cutting board

MARCH
2024

march
2024

Vegetable Yields and Quality

- Carrots: 85% yield, considering peel and trimming losses.
- Onions: 90% yield, as only the outer layers are discarded.
- Leafy Greens: 75% yield, factoring in stem removal and waste

What is used to cut vegetables?

The best ones for preparing vegetables are generally paring knives and chef's knives

march
2024

What are 5 knife cuts used to cut fruit & vegetables? dice cut,julienne cut, mince cut, batonnet cut, brunoise cut Classic Knife Cuts

MARCH
2024

march
2024

uses of vegetable cuts

used for garnishing
used in soups
used in sauses
used for adding taste in foods

importance of vegetable cuts

adds aroma, adds texture to food, adds taste

MARCH
2024

march
2024

CONCLUSION

Cutting affects the cooking process, aroma and texture of the vegetables, which in turn can definitely influence our own perception of how it tastes