KNIFE SKILLS & VEGETABLES CUTS

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GETTING STARTED

SETTING UP YOUR KITCHEN PREP STATION

Before cooking any meal, large or small, it's important that you properly set up your kitchen prep station. This undertaking will ensure that you have all the necessary tools on hand to make the cooking experience as smooth, efficient and pleasant as possible.



Personal workflow

Consider your personal workflow. If you're right-handed, chances are that you'll want your kitchen workflow to move from left to right. For example, you could have your sink on the far left to wash food items, then the cutting board situated immediately to the right, and finally a refuse bowl to discard food remnants at the far right. Always look for ways to make your kitchen workflow easier and faster, as this will enhance the preparation experience as well as help maximize safety.

Cutting boards

Be sure to have a wooden one for vegetables and a polypropylene one for meats, an important measure that will help avoid cross-contamination and potential foodborne illnesses.

Knives

To cut your foods, you will need to have at least 3 different types of knives on hand, as well as a sharpening steel or whetstone to maintain optimal knife sharpness.
The three basic knives are:

- a chef's knife: used for cutting large things like thick-skinned vegetables and meats.
- a paring knife: used for cutting small foods such as fruits.
- a serrated bread knife: used for bread or slippery skinned produce such as tomatoes

Don't forget to keep a knife block or magnetic strip on hand so that you can safely store your knives after usage and disinfecting.

All-purpose scraper

An all-purpose scraper is another essential tool to help transfer cutting board items to wherever they need to go.

Spoons

If you'll be working with liquids or need to liquefy foods, keeping several sized spoons, a blender and/or a food processor on hand will also help.

Bowls

Bowls are another key prep station element, and at a minimum, you need to have a counter-top refuse bowl and a nested bowl set. Having a refuse bowl prevents you from having to walk to the trash can at regular intervals and helps prevent contamination that can result from repeated trash can contact. The nested bowl set provides a compact way to have several bowl sizes that can meet the vast majority of your on-the-spot storage needs.

Frying/sauté pans and pots

Have at least two different sized frying/sauté pans and two varied sized pots with lids (all placed a reasonable distance away from the cutting boards since you won't need them right away) to help with any frying, sautéing, boiling or steaming needs.

Lidded storage containers

Finally, having a few lidded storage containers for food you plan to use later is always a plus.

Staying clean

For food safety purposes, always keep a spray bottle with a bleach solution on hand to quickly disinfect your prep utensils. You can attach small hand towels to your belt loop or pockets to facilitate quick hand or countertop wiping, and should also have paper towels on hand as a backup.

Masking tape helps promote safety and efficiency by allowing you to label your leftovers with food name and date prepared.

Seasonings

Don't forget to keep your favorite seasonings on hand so that you can immediately infuse your prepped products with flavor before sending them on to be cooked, baked or chilled.

Writing material

Along with tape, other great organization tools are a pen, marker, and notebook, all of which allow you to jot down recipe ideas or modifications at a moment's notice.

MISE EN PLACE

Mise en place (pronounced [miz an plas]) is a French phrase that means to have "everything in place", as in set up. It is used in professional kitchens to refer to the ingredients, such as cuts of meat, relishes, sauces, par-cooked items, spices, freshly chopped vegetables and other components that a cook requires for the menu items that they expect to prepare during their shift. But it will also include verifying that all kitchen tools are available to complete the job.
Recipes are reviewed, to check for necessary ingredients and equipment. Ingredients are measured out, washed, chopped and placed in individual bowls. Equipment such as spatulas and blenders are prepared for use, while ovens are preheated. Preparing the Mise en place ahead of time allows the chef to cook without having to stop and assemble items, which is desirable in recipes with time constraints.
It also refers to the preparation and layouts that are set up and used by the line cooks at their stations in a commercial or restaurant kitchen. The concept of having everything in its place as applied to the work in a kitchen is likely to have become a standard routine around the time of Auguste Escoffier, who is well known for his development of the brigade system of running a kitchen.
When I was working in hotels and restaurants, I was taking the preparation time for Mise en place very seriously. It is the key in the kitchen on how well the service will be managed and have a great impact on the "brigade" (kitchen team members) and on the customers. Bad Mise en place will translate into chaos in the kitchen and long waits for the customers.

KNIFE SAFETY MEASURES

Always use a sharp knife. A sharp knife is safer than a dull one because it requires less pressure in cutting. If sharp, the knife will not slip as easily, and your hand will not tire as quickly.

- Use the correct size and type of knife for the job
- Hold the knife firmly in your hand and always cut away from your body
- Make sure to place knives on flat surfaces
- After handling a knife, place it in a cleared area
- Do not grab blindly for a knife but reach deliberately for the handle
- When handing a knife to another person, point the handle toward him or her
- A knife is a dangerous weapon and you should not walk around with it pointed towards people or yourself
- Finally, knives should be carefully stored in a wooden block, knife case, or edge protector and away from curious children



HOW TO HOLD A CHEF KNIFE AND POSITION YOUR GUIDE HAND?

Watch your fingers! Hold the knife in your writing hand. Move your hand all the way up the handle so that your thumb is on one side of the blade and your index finger is on the other side. This may feel a bit strange at first but gives you much more control than simply wrapping all your fingers around the handle.
Use your free hand to hold the food in place, curling your fingertips under. Use the flat side of the blade alongside the first knuckles of your free hand and as you slice or chop, slide your free hand along to guide the blade and keep it vertical.
To avoid cutting yourself, never uncurl the fingers of your free hand and never raise the blade higher than the first knuckle. I always say, “The idea is to move your fingers, not remove them!” Try not to wiggle the blade while cutting. Use a firm downward and slightly forward motion.

HOW TO SET UP A CUTTING BOARD?

There is nothing more dangerous than a cutting board that is not stable or is sliding around while you are chopping.

- Before using sharp knives on your cutting board, you have to make sure that the board is safely in place.
- Lightly dampen a kitchen towel and spread it out on the countertop where you will place your cutting board.
- Position your cutting board on top of the damp towel. This will prevent the board from sliding.

HOW TO SHARPEN KNIVES?

A sharp knife is a chef’s best friend, and therefore it is helpful if you know how to sharpen kitchen knives. Home sharpening methods include using sharpening steel, drawing knives across a flat sharpening stone, or using a commercial knife sharpener.



To keep your knives sharp, you will need to care for them regularly. The techniques of sharpening and steeling your knife are quite simple.

- A sharpening stone has two sides: One rough, one fine. The stone needs first to be soaked in water
- Place the stone on a wet cloth to stabilize it. Then, holding your knife at a 20-degree angle to the stone, draw the entire length of the knife blade over the stone. Use your free hand to exert pressure on the blade firmly and evenly from tip to hilt
- Turn the blade over and repeat the process, over and over at a 20-degree angle, until the blade is very sharp. Always allow an equal number of passes for each side
- After wiping the sharpened knife clean of any metal, use the steel to finish the edge. Holding the steel with your fingers safely behind the guard, repeatedly slide the knife from hilt to tip down one side, then the other, over the steel
- Steeling is not enough to sharpen a knife. Actually, it only realigns the molecules on the sharpened edge. After sharpening with the stone, use the steel frequently to keep the blade in good condition

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For a complete course on how to sharpen knives, check out our Kitchen Equipment Course.

BASIC VEGETABLE CUTS

SLICING – “EMINCER”

“Emincer” is a French cooking term that means to slice thinly. it is a bit more precise than just slice and often mistakenly thought by English-speakers to mean “chop finely”, based on what the English word “mince” means.
For good “Emincer” technique, the core is removed and the half onion is cut with a 45-degree angle that follows the round half shape. This allows a good consistency in the cut and form.
Many cooks slice the onion straight at a 90-degree angle or straight to the half onion. This could be acceptable if you are not looking for perfection and consistency, which could diminish the end result quality.



Cut the onion in half vertically.



Trim off the root side of each half.



Cut into thin slices.



The name of this vegetable cut is “sliced”,
French chefs call it the “Emincer” technique.

DICING – "CISELER"

Ciseler is a French culinary cutting technique term for finely dicing onions and shallots. The size of the dice will depend on how much space you leave between the cuts. For 0.5 cm cubes, make the cut every 0.5 cm.



To chop small, leave the root end almost intact, then peel away the skin from the top end.



Next, make cuts vertically from the root end but leaving the root intact to hold it together.



Then make horizontal cuts across the vertical cuts whilst you hold on to the root end firmly.



Make a second horizontal cut the same width as the first, and a third depending on the size of the onion and the desired dice size.



For the last step, the distance between cuts will determine how fine a dice you make.





Flip the onion flat on the board when it is no longer comfortable to hold and slide again until you reach the “wood”. The root end can be discarded.

Safety: The position of the finger of the hand which is holding the onion is very important. Watch your fingers!

CHOPPING & MINCING – "HACHER"

Hacher is a French culinary cutting technique term for mincing. It is finer than dice and should be done after dicing an onion or roughly chopping something like parsley leaves, for example.



Start with a ciselé or diced onion and mince it by chopping it with a rocking motion.



Keep the tip of the knife on the cutting board and move the handle up and down.



Stop every few strokes and use the blade of the knife to draw the onion pieces back into a neat pile before continuing. Scrape off the onion that has stuck to the side of the knife blade, too.

Chopping – “Hacher” Garlic



First, chop the garlic roughly in slices.



Keep the tip of the knife on the cutting board and move the handle up and down. Stop after every few strokes and use the blade of the knife to draw the garlic pieces back into a neat pile before continuing.

Scrape off the garlic that has stuck to the side of the knife blade, too. Keep chopping until the desired width is achieved; the thinner the better.

Alternatively, it is alright to use a garlic press as long you have removed the germ part of the garlic, like I always say to my students, if you like the people you are cooking for, take it off!

Dicing – “Ciseler” Garlic

In this demo, I am starting with vertical cuts, but you can make the horizontal cuts first, then the vertical cuts. It is a matter of choice.



Make small vertical cuts.



Raise your knife and make one or more horizontal cuts.



Cut straight down through the garlic.

SHALLOT

Slicing



Shallot slices taste great in sauces and with flank steak. When you cook them they caramelize easily.

To cut the shallot into slices, simply peel and halve them through to the root. Cut each half crosswise up to the root end.

Dicing



To dice the shallots, cut them in half lengthwise, slice down vertically, towards the root end, making as many parallel slices as you can. Do not cut through the root, though, because it holds the shallots layers together. Then, holding the blade horizontally, cut through the onion several more times, usually 2 to 3 cuts, depending on how big they are. This makes a grid within the shallot that you can cut across to make very small pieces.



Then, holding the blade horizontally, cut through the shallot several more times, usually 2 to 3 cuts, depending on how big they are.



This makes a grid within the shallot that you can cut across to make very small pieces.

Note!

Shallots should always be diced by hand. You might be tempted to use a food processor, but I recommend that you not do so. Processed shallots emerge more crushed than diced, and they develop a very bitter taste.

Mincing

If you want to have your shallots diced or “Ciseler” thinner, then mince them. Always chop your shallots with a knife, and never use a machine. A machine, such as a food processor, will puree the shallots and extract the juices. Because the blade will generate some heat, it will make the shallots taste bitter. So, never chop shallots with a machine, always use a sharp knife.

PARSLEY

Parsley used to be a gross-looking garnish on the side of your plate. Now, we think of it as one of the best. Put herbs to work in your cooking! Parsley adds a bright but relatively neutral herbal flavor to almost any dish and it is rich in iron.

Wash parsley carefully: like spinach, it tends to retain sand and dirt. Swish it gently in cold water until it is clean, changing the water if necessary, but do not leave it to soak. Pat dry in a clean cloth before chopping.



Gather the washed parsley leaves into a tight ball and hold them with one hand on the cutting board. Using a large cutting knife, slice across the parsley, bringing the knife down and forward or down and backward while sliding it along the mid-section of the fingers of the other hand.



Then, holding the handle firmly in one hand, rest the fingers of the other hand on top of the blade (this hand does not apply much pressure on the blade, but rather directs it), and bring the front of the blade down first, then back up.



Repeat in a staccato up and down motion until the parsley is finely chopped.



Draw the pieces together in a heap as you go along. The speed at which the fingers move back determines how finely the parsley is chopped.

RONDELLE AND DECORATIVE RONDELLE CUTS



Rondelles are simple rounds or ovals cut from conical or cylindrical vegetables. There isn't a precise dimension as it depends on the vegetable size. The key is that once you start to cut a slice, all subsequent sizes should have the same thickness.



The thickness of the cut that you select depends on your desired cooking time. As such, vegetables for slow-cooked dishes should be cut thicker, whereas quickly cooked dishes such as a stir fry calls for a thinner cut. You can create decorative rondelles by scraping the vegetable all around its length using a channel knife.

OBLIQUE CUT



Cone-shaped vegetables, such as carrots and parsnips, are perfect candidates for the oblique cut because the tapering of the vegetable can be adjusted to produce uniform pieces. This type of cut helps conical root vegetables cook faster than most other techniques because it creates a larger surface area on the vegetable pieces. The oblique cut is also called the roll cut.

LOZENGE CUT



Lozenge cut creates a diamond shape whose measurements are roughly:

- 1/2″x1/2″x1/8″ – 0.14 cm x 0.14 cm x 0.4 cm.

Lozenges are mainly used to decorate dishes, such as the bottoms of savory aspics.

CHIFFONADE CUT

Chiffonade is a French vegetable cut that is used on finely sliced or shredded green leafy vegetables or herbs, such as lettuce, spinach, mint, basil or sorrel. The final product is normally used as a base or garnish in soups.
Chiffonade comes from the French verb “chiffonner,” which means “to rumple”. I have seen some resources that translated it as “made of rags” which does not really make any sense to me.
It is recommended to cut chiffonades at the last minute so that the leaves keep their freshness.

Cutting a chiffonade



Wash and dry the leaves first.
Stack the leaves from the biggest to the smallest.



Roll them from toe to point like a cigar.



Slice into thin strips.

Greens with large, loose leaves, such as chard, can be rolled up and sliced thinly. Smaller leaves, such as basil, can be stacked, then rolled and sliced across the vein. For leaves with a central woody stem, such as Kaffir lime leaves, roll from tip to stem, slice parallel to the vein and discard the woody stem.

RECIPES

To Practice Vegetable Cuts

WHAT IS A PERSILLADE?



Persillade is the culinary term for a chopped mixture of garlic and parsley, usually in equal parts by volume. The root of the word is Persil, the French word for parsley. Simple to make, but as a common ingredient in many dishes, it is often included in a sauté cook's Mise en place. It can be added early in a dish for a mellow flavor, added at the very end of the cooking to provide a garlicky jolt, or even used raw as a garnish.

A classic French bistro dish is Pommes Persillade, basically, cubed potatoes fried in a small amount of oil, with Persillade added at the end of the cooking. Mushroom Persillade is often used to flavor omelets and soups.

Variations:

The simplicity of the basic combination invites variations, either by adding other ingredients or substituting other herbs, for example, basil or tarragon for the parsley. Combined with bread crumbs, it is used as a crust for roasted veal or lamb chops. The addition of lemon zest creates Gremolata, a traditional garnish for braised lamb shanks. Anchovy is a common addition in Provençal cooking. A small amount of olive oil is often added to the Persillade to make it easier to work with. Adding more olive oil and perhaps some grated Parmesan cheese will produce Pistou.

BLANCH GREEN BEANS

Tired of your vegetables losing color, texture, and flavor before you serve them? Then blanching might be the solution. Prolonged exposure to heat deteriorates vegetables and loss of the chlorophyll will result in the loss of the green color. Find out how to keep your beans healthy and attractive! Tired of your vegetables losing color, texture, and flavor before you serve them? Then blanching might be the solution. Prolonged exposure to heat deteriorates vegetables and loss of the chlorophyll will result in the loss of the green color. Find out how to keep your beans healthy and attractive!



Preparation Time: 5 minutes

Cooking Time: 5 minutes

Total Time: 10 minutes

Serves: 1lb

BLANCH GREEN BEANS

Ingredients

1 lbs Green beans
Sea Salt
Water
Ice Cubes

Instructions

1. Stalk the green beans on both sides. Wash in cold water and strain in a colander.
2. Boil some salted water following these rules: Season with 1 teaspoon of salt per litre or quart of water. Boil 4 litres or quarts per pound of green vegetables. Plunge the green beans into the boiling water. Cook for 3 to 5 minutes, depending on the thickness of your green beans. Prepare a bath of ice-cold water. Strain the green beans in a colander. Transfer immediately to the ice-cold water to refresh. The temperature shock between the boiling and ice-cold water will fix the chlorophyll contained in the green beans and they will stay bright green – this is good for all green vegetables. Strain the green beans as soon as they are cold. Stalk the green beans on both sides. Wash in cold water and strain in a colander.

GREEN BEANS SAUTÉED IN PERSILLADE

A classic and easy yet delicious bean persillade. The green beans are blanched to perfection then sautéed in butter with a mixture of garlic and parsley.



Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

Serves: 6

Green Beans Sautéed in Persillade

Ingredients
2 tablespoons butter
1 teaspoon vegetable oil
2 tablespoons persillade, mixture of equal amount of chopped parsley and garlic
1 pound green beans, trimmed

Instructions
1. Cook green beans in large saucepan of boiling salted water until crisp-tender, about 3 minutes. Drain. Rinse with cold water and drain again then pat dry.
2. Heat butter and vegetable oil in large skillet over medium-high heat. Add the persillade and cook for a couple of minutes. Add green beans and toss until heated through about 5 minutes.
3. Season with salt and pepper and serve hot. A persillade is a mixture of finely chopped parsley and garlic. Serve hot.

POTATO LEEK SOUP

We have a delicious Potato and Leek Soup Recipe on the menu for you today. This is an easy recipe that will make use of all your leeks to a great extent, including the entire green part which is delicious. We have a delicious Potato and Leek Soup Recipe on the menu for you today. This is an easy recipe that will make use of all your leeks to a great extent, including the entire green part which is delicious.



Preparation Time: 20 minutes

Cooking Time: 13 minutes

Total Time: 33 minutes

Serves: 6 people

Potato Leek Soup

Ingredients

3 tbsp Butter
3 Large leeks (white and green parts), halved lengthwise, washed thoroughly, thinly sliced (about 4 1/2 cups)
3 Large russet potatoes, peeled, diced (about 4 cups)
5 cups Chicken, vegetable stock, or water
Chopped Fresh chives or parsley for garnish
1 cup Cream
1/2 cup Sour Cream

Instructions

1. Melt the butter in a heavy large saucepan over medium heat. Add the leeks. Stir to coat with butter. Cover the saucepan. Cook until the leeks are tender, stirring often for about 10 minutes. Add the potatoes. Cover and cook until potatoes begin to soften but do not brown, stirring often, for about 10 minutes. Add 4 1/2 cups of stock. Bring to the boil. Reduce the heat, cover and simmer until vegetables are very tender, for about 30 minutes.
2. Melt the butter in a heavy large saucepan over medium heat. Add the leeks. Stir to coat with butter. Cover the saucepan. Cook until the leeks are tender, stirring often for about 10 minutes. Add the potatoes. Cover and cook until potatoes begin to soften but do not brown, stirring often, for about 10 minutes. Add 4 1/2 cups of stock. Bring to the boil. Reduce the heat, cover and simmer until vegetables are very tender, for about 30 minutes.
3. Puree soup in batches in a processor or using an immersion blender until smooth. Return to saucepan. Thin with additional stock if the soup is too thick. Add the cream, season with salt and pepper and bring the soup to a simmer. Ladle into warm bowls. Garnish with sour cream and serve!
4. Puree soup in batches in a processor or using an immersion blender until smooth. Return to saucepan. Thin with additional stock if the soup is too thick. Add the cream, season with salt and pepper and bring the soup to a simmer. Ladle into warm bowls. Garnish with sour cream and serve!

VICHYSSOISE CREAM SOUP

Vichyssoise is a French classic cold soup recipe made of potato and leek. You can eat it cold just like that or serve it with lobster medallions for special occasions. In any case it is always elegant.



Preparation Time: 10 minutes

Cooking Time: 35 minutes

Chill Time: 2 hrs

Total Time: 45 minutes

Serves: 6

VICHYSSOISE CREAM SOUP

Ingredients

2 ounces butter
1 small onion, sliced
0.5 pound leek, thinly sliced, white part only
0.5 pound potatoes, peeled and sliced
3 cups chicken stock
Salt and white pepper, to taste
0.5 cup milk
1 cup heavy whipping cream
2 tablespoons chives, chopped

Instructions

1. In a saucepan over medium high heat, sauté leeks and onion in butter until tender but not brown. Add potatoes and chicken broth; bring to a boil, cover, reduce heat and simmer for 25 minutes. Puree the mixture in a food processor; return to the saucepan. Add milk and cream mixing well, add salt and pepper to taste. Refrigerate the soup until cold.
2. Serve vichyssoise cold and garnish with chopped chives.

Notes

It is believed that the soup was created by a French chef Louis Diat (1885-1957), who was the chef at the Ritz-Carlton in New York City for most of the first half of the 20th century.

Diat wrote about his recollection of the invention in New Yorker magazine in 1950. “In the summer of 1917, when I had been at the Ritz for seven years, I reflected upon the potato-and-leek soup which my grandmother and mother used to prepare during my childhood, I recalled how my elder brother and I used to cool it off by pouring in cold milk, and how delicious it was. I decided to make something of the sort for the patrons of the Ritz. Vichyssoise can be confused with its warm cousin Potage Parmentier”. Vichyssoise

SHEPHERD'S PIE

Pâté chinois, literally translated as "Chinese pie," is commonly called shepherd's pie in English. This French Canadian dish is made from layered ground beef on the bottom, with corn and mashed potatoes on top.



Preparation Time: 20 minutes

Cooking Time: 1 hr

Total Time: 1hr minute

Serves: 4

Shepherd's Pie

Ingredients

1 medium onion
1 carrot
1 tablespoon vegetable oil
1 pound ground beef, lean
2 tablespoons flour
1 tablespoon tomato sauce, ketchup
0.5 to 1 tablespoon Worcestershire sauce, Lea & Perrins
0.5 cup peas, frozen
1 cup corn kernels, frozen
1 medium bay leaf
0.25 teaspoon dry thyme
0.25 teaspoon dry basil
1 cup beef stock
4 large potatoes
1 tablespoon butter
Salt and pepper, to taste
0.5 cup milk
0.5 cup cream

Instructions

1. Peel and chop the onion and carrot finely. Heat the oil in a large fry pan or saucepan, add the onion and cook until translucent. Add the minced beef and sauté using a wooden spoon break up the mince. Cook until browned and stir in the flour and cook for one minute. Add the tomato sauce, Worcester sauce, finely chopped carrot, peas, corn, and herbs. Stir thoroughly to combine. Gradually add the stock and bring to the boil. Reduce the heat and cover, simmering for 10 to 15 minutes. Add salt and pepper to taste. The mixture should be quite thick. Remove and discard the bouquet garni or whole bay leaf and set mixture aside.
2. Peel the potatoes, chop into quarters and place in a medium saucepan with cold water just covering. Add a little salt to the water and bring to the boil. Reduce the heat and simmer for 15 to 20 minutes or until the potatoes are tender. When potatoes are cooked, drain well, and ash the potatoes with one tablespoon of butter until the potato is very creamy. Add milk, cream, and seasoning to taste. You may use a potato masher or a Kitchen Aid mixer with the whisk attachment.
3. Preheat the oven to 190°C, 375°F or gas mark 5. Spoon the mince mixture into a pie dish, cover with the corn, then spoon or pipe the creamy mashed potato over the mince. Sprinkle grated cheese on top if desired and bake for 15 to 20 minutes or until golden.
4. This dish can be made using left-over meat if desired and many additions may be added, such as seasonable vegetables, garlic, herbs, etc. So, the number of variations to this recipe is virtually endless!

Notes

Pâté chinois believed history and cultural references:

- Pate chinois does not come from China; most sources will say it comes from Chinese people who were working on railway construction in the 19th century. It is either the Chinese cooks, hired by railway companies, who were making such a dish because it was cheap and that was all they had at hand to cook with, or because that's what the Chinese worker used to eat, for the same reasons. Railways at that time were not only built in Quebec, but a lot of people from Quebec went to work on the railways in other parts of Canada and, mostly, in the north-east part of United States. They probably brought the recipe back home.
- In the Quebecois humorous television program La Petite Vie, pâté chinois is used to show one of the character's (Therese) profound lack of common sense as she regularly fails at preparing it, for example, by laying the three ingredients side by side instead of layering them or forgetting to mash the potatoes.
- La Petite Vie was first a stage sketch of the comedy duo Ding et Dong, formed by Claude Meunier and Serge Theriault, and later a hit Quebec television sitcom from 1993 to 1999.
- The stories of La Petite Vie, sketch and television show, revolving around the strange couple known as Papa and Maman (Quebec Joual for dad and mom). The memorable for the pillow talk scenes with the beds comically placed straight up so the actors, seemingly laid on the bed but still standing, would be visible to the theater public. This would be kept in the sitcom,

where the context made it even more surreal. While the sketch only featured the couple, the sitcom introduced a vast array of relatives, creating a caricature of the Quebecois working class family, a very bizarre but endearing one.

LEBANESE TABBOULEH

There are many different recipes for tabbouleh, as it is a popular dish that traces its origins to several North African and the Middle Eastern countries. Depending on the region, you will find varying amounts of parsley, mint, onions, tomatoes and either couscous or bulgur in that area's tabbouleh recipes.



Preparation Time: 20 minutes

Cooking Time: 30 mins

Total Time: 50 mins

Serves: 4

LEBANESE TABBOULEH

Ingredients

2 bunches flat-leaf (Italian) parsley, finely chopped flat-leaf (Italian) parsley, finely chopped
1 large handful of fresh mint, finely chopped
2 tomatoes, cored and diced
1 red onion, finely diced
75 grams (2.7 ounces) couscous
5 tbsp olive oil
4 tbsp tablespoons lemon juice
Salt and pepper to taste

Instructions

1. Cook the couscous according to the indication on the package. Fluff couscous with a fork until all the grains are detached and it has cooled down. Cook the couscous according to the indication on the package. Fluff couscous with a fork until all the grains are detached and it has cooled down.
2. Cut the tomatoes in half and remove the seeds. Cut into small dices. Mince the onion. Chop the parsley and the mint. Cut the tomatoes in half and remove the seeds. Cut into small dices. Mince the onion. Chop the parsley and the mint.
3. Mix all the ingredients together. Add the olive oil, the lemon juice, salt and pepper. Mix well and place into the refrigerator before serving. Mix all the ingredients together. Add the olive oil, the lemon juice, salt and pepper. Mix well and place into the refrigerator before serving.

INTERMEDIATE VEGETABLE CUTS

STICK – "BÂTONNET" CUTS SIZES

Whether you're new to the culinary arts, or you've been cooking for a while and want to polish your skills, the bâtonnets (pronounced bah-tow-NAY) is a great knife cut to learn.
Why? Unlike some of the more preposterous knife cuts, like the fine brunoise, a cut so tiny it's barely visible with the naked eye — anyone who's even minimally familiar with a knife should have no trouble making a bâtonnets cut. That makes it practical. But it's also a really attractive cut. Long and slender, it can make the most pedestrian vegetables a turnip, let's say, seem positively elegant.
So check out this step-by-step tutorial on how to make a bâtonnets cut. Incorporating this easy knife cut into your repertoire will enhance the presentation of your dishes enormously.

Learn how to make stick cuts: Pont-Neuf, Frite, Baton Cut, Batonnet, Allumette and Julienne.

Bâtonnets are one of the most common culinary knife cuts. Literally translated, bâtonnets means "little stick" in French. A dish like carrots bâtonnets wouldn't have nearly the same appeal if it were named Little Stick Carrots or Carrot Twigs.



Julienne, allumette and bâtonnets are matchstick-shaped cuts prepared using the same procedure as cutting sticks or dicing.



Julienne	Allumette (matchstick)	Bâtonnet (small sticks)
0.1 to 0.2 mm x 0.1 to 0.2 mm x 2.5-4 cm or 1/16″ x 1/16″ x 1 -1/2” to 2″	0.3 x 0.3 x 5 to 6 cm or 1/8” x 1/8″ x 2-1/2”	0.6 x 0.6 x 5 to 6 cm or 1/4” x 1/4” x 2
Bâton (frite)	**Pont-Neuf**	
1 x 7 cm or 1/3” x 2 1/4′	2 x 7 cm or 3/4” x 2 1/4”	

STICK – “BÂTONNET” CUTS TECHNIQUE

We will use a potato for the purpose of this demonstration, but the technique can be used on any large vegetables such as carrots or turnips.



Peel the item, if desired, and square off the sides to make a rectangular box shape.



Trim (called “parer” in French) the item so that the slices cut from it will be the proper length.





Cut even slices of the desired thickness to make “planks”.



In the case of smaller cuts such as Julienne, you can stack the slices and cut them evenly into sticks.



Trim (called “parer” in French) the item so that the slices cut from it will be the proper length.

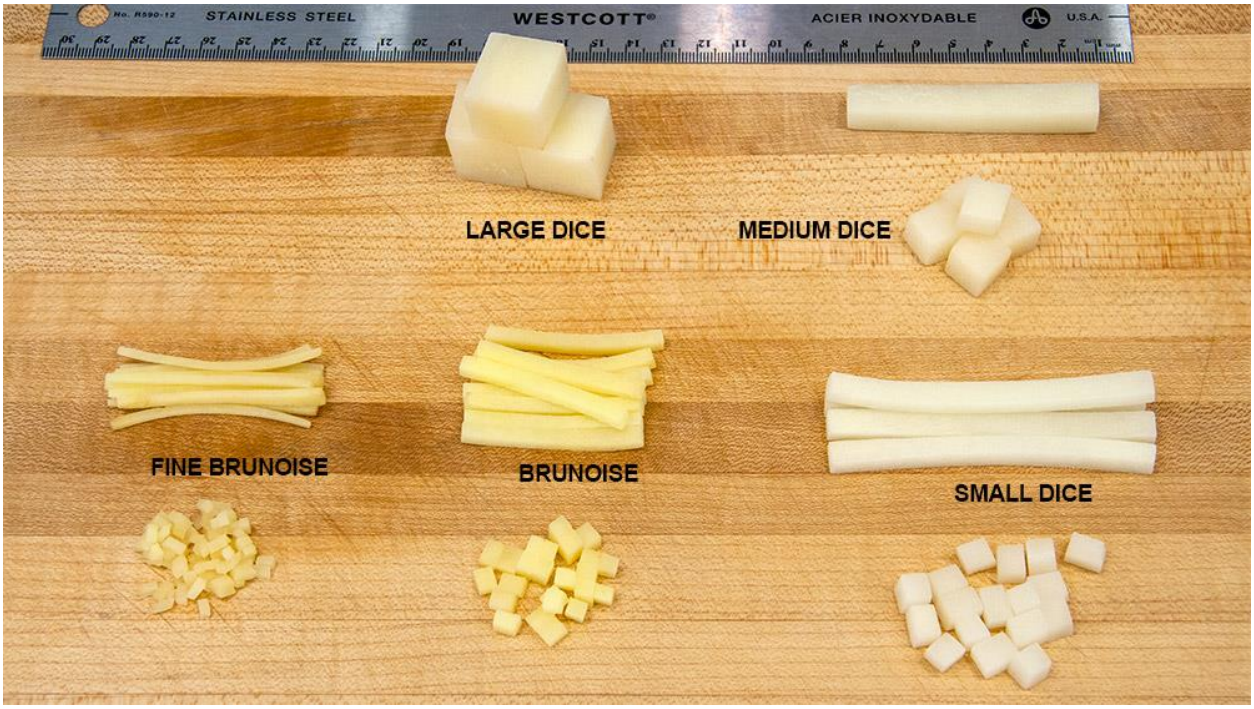


Cut the planks into strips. You may want to stack some planks together before cutting them into strips to speed up the process.

DICE CUTS SIZES

Dices, like sticks, come in several sizes, each with its own names like Brunoise or Macédoine. In fact, dices are simply sticks cut into perfect cubes. So for every size of the stick, there is a corresponding dice.

Large Dice (from pont-neuf) 2 x 2 x 2 cm or 3/4”x 3/4” x 3/4” Brunoise (from allumette) 0.3 x 0.3 x 0.3 cm or 1/8” x 1/8″ x 1/8”	Medium Dice (from bâton) 1 x 1 x 1 cm or 1/3” x 1/3” x 1/3” Fine Brunoise (from julienne) 0.2 x 0.2 x 0.2 cm or 1/16″ x 1/16″ x 1/16″	Small Dice (from bâtonnet) 0.6 x 0.6 x 5 to 6 cm or 1/4” x 1/4” x 2



DICE CUTS TECHNIQUE



To begin cutting a dice, first cut sticks. As with stick cuts, the technique for dices is identical for every size.
Line up several batons side by side on your cutting board.
Hold them down with your guide hand in the claw position.
Position your guide fingers so that, when the knife blade is flush against them, it is exactly 1/3″ (1 cm) in front of the end; then cut straight down.
Repeat step 3 until the batons are completely cut into medium dice. Discard the last dices that might not be as regular.

DICING A POTATO

Diced potatoes are used in soups, stews, hash browns, and more. In cooking, the consistency of your vegetable cuts is important as it allows you to achieve a uniform cooking process. Decide how big you want your cubes. For example, for ¼-inch cubes or ½-centimeter, you will have to make each cut with the same size.
Here is how to dice a potato cube of ¼-inch or ½-centimeter square, which is double the size of the brunoise cut:



Once you have the potatoes peeled and washed, carefully cut them in half lengthwise or crosswise and then place them cut side down on the cutting board, so they do not roll around.



Cut each slice into baton shapes of ¼-inch or ½-centimeter wide.
Slice the potato lengthwise into ¼-inch or ½-centimeter slices using a series of parallel cuts.



Using a series of parallel cuts cut the batons into ¼-inch or ½-centimeter cubes.

BRUNOISE



Brunoise is the name for the French style of cutting vegetables. This term is applied to a method for both cutting vegetables into diced pieces and for the actual diced vegetables. Most often braised in butter, Brunoise is used as a garnish for soups, consommé, sauces and stuffing, and also serves as a flavoring for dishes like Osso Bucco. Brunoise constitutes extremely fine and exactly diced food pieces of 2 to 3 mm square.

MACÉDOINE



Cutting a Macédoine

- Prepare the vegetable as you would for Jardinière.
- Trim the vegetable so that the sides are straight, making it easier to produce even cuts.
- Slice the vegetable lengthwise into 5 mm (just under ¼ in) slices using a series of parallel cuts.
- Cut each slice into baton shapes 5 mm wide.
- Using a series of parallel cuts, cut the batons into 5 mm (just under ¼ in) cubes.

Usage

The vegetable “Macédoine de legumes” served in France today is usually a cold salad or hors d’oeuvre of diced vegetables, and often includes red beans. It is sometimes mixed with Mayonnaise combined with aspic stock, making it essentially the same as a vegetarian Russian salad. Macédoine de légumes is also a hot vegetable dish consisting of the same vegetables served with butter.

History

According to the etymologist Juan Antonio Cincunegui, the word Macedonia was popularized at the end of the 18th century and was used to refer to a mixed fruit salad. It is sometimes said that it refers to the ethnic mixture in the Ottoman 19th century Macedonia, but the chronology and contemporary sources do not support this interpretation. Macédoine can be used in any medley of unrelated things, not necessarily edible.

RECIPES

To Practice Standard Vegetable Cuts

POTAGE JULIENNE D'ARBLAY

A potage julienne Darblay is a parmentier soup (parmentier means "made of potatoes") mixed with a julienne of vegetables. It is one of the first recipes that a new student would learn when starting his/her culinary program in a French cooking school.



Preparation Time: 20 minutes

Cooking Time: 35 mins

Total Time: 55 mins

Serves: 8

Potage Julienne d'Arblay

Ingredients

2 tablespoons butter
0.75 pound white leek, washed and finely chopped
2.2 pounds Russet potatoes, peeled and sliced
4 cups chicken stock
4 cups water
1 cup cream
0.3 pound carrot, cut into julienne
0.3 pound white leek, cut into julienne
1 ounce butter
3 ounce celery rib, cut into julienne
3 ounce white turnip, cut into julienne
Salt to taste
1 pinch sugar to taste
0.5 ounce chervil or parsley leaves

Instructions

1. Mise en place: Prepare your station and make sure you have all the ingredients available. Wash and cut all the vegetables.
2. Make the Parmentier: In a saucepan over medium-high heat, sauté white leeks in butter until soft but not colored. Add sliced peeled potatoes, chicken stock, and water. Season with a little bit of salt. Bring to a boil, cover, reduce heat and simmer for 20 minutes. Skim the top surface if necessary. Puree the mixture in a food processor. Pass through a sieve and return to the saucepan. Add the cream mixing well, and return to low heat. Taste and rectify the seasoning.
3. Make the garnish: In a large pan melt the butter, and add the julienne, salt, and sugar to taste. Cook the julienne on low heat until tender making sure that the vegetables do not color.
4. Finish the soup: Delicately add the cooked julienne to the Parmentier. Serve hot with leaves of chervil or parsley.

HAM ROLLS WITH VEGETABLE MACÉDOINE

This is not a dish you will find in a restaurant, but it will be a way for you to use the vegetables you cut as a macédoine. This is a simple recipe whose success will come from using the freshest ingredients. Ideally, the mayonnaise should be homemade, the vegetables freshly cooked and the ham freshly cut from the deli counter and of the best quality.



Preparation Time: 5 minutes

Cooking Time: 5 mins

Total Time: 10 mins

Serves: 4

HAM ROLLS WITH VEGETABLE MACÉDOINE

Ingredients
1.5 cups cooked Macedoine
3 to 4 tablespoons Mayonnaise
1 tablespoon white wine vinegar or lemon juice, optional
Salt and freshly ground pepper, to taste
4 Jambon de Paris slices – not too thin
1 tablespoon chopped parsley

Instructions
1. Combine the vegetable Macedoine with mayonnaise and vinegar in a bowl. Season with salt and pepper and toss well to coat.
2. Lay 1 ham slice on each plate. Spoon a little of the vegetable Macedoine along the center of each and roll. Garnish with chopped parsley and chill until ready to serve.

RUSSIAN SALAD

A refreshing salad of cold cooked vegetables cut into Macedoine or simply diced and mixed with mayonnaise.



Preparation Time: 40 minutes

Cooking Time: 20 mins

Total Time: 1 hr

Serves: 4

Russian Salad

Ingredients

1 cup boiled potatoes, cut into Macedoine
0.25 cup blanched green beans, cut into ½ centimeter
0.5 cup frozen green peas, blanched½ cup boiled carrots, cut into Macedoine
0.5 cup boiled turnips, cut into Macedoine
1 tablespoon capers, finely chopped
1 tablespoon parsley, finely chopped
0.5 cup mayonnaise
8 medium black olives, pitted
4 large hard-boiled eggs
Salt and freshly ground pepper, to taste

Instructions

Blanch the vegetable separately, drain, refresh in an ice bath and strain through a colander. In a large bowl, mix all the vegetables, add chopped capers, parsley, mayonnaise, salt, and pepper. Transfer to a salad bowl or on a platter, giving it a mound-like shape. Decorate the surface with, quartered hard-boiled eggs and black olives.

VEGETABLE JARDINIÈRE

A jardinière is a mixed vegetable garnish served usually with a roast beef or other meat. You can use carrots, peas, turnips, green beans, potatoes and cauliflower. However, it is essential that the selected vegetables go well together.



Preparation Time: 30 minutes

Cooking Time: 25 mins

Total Time: 55 mins

Serves: 8

VEGETABLE JARDINIÈRE

Ingredients

0.25 pound onion, quartered and finely sliced
0.5 pound carrot, cut into Jardinière
0.5 pound potato, cut into Jardinière
0.5 pound turnip, cut into Jardinière
0.5 pound stalk celery
0.5 pound peas, fresh or frozen
0.5 pound green beans, trimmed to the same length as the jardinière
0.25 pound cauliflower, cut into medium size florets
1 small bouquet garni
Salt and pepper, to taste
2 tablespoons butter
1 tablespoon sugar
3 cups water

Instructions

1. Cut the Jardinière: Wash and peel the carrot and turnip and cut into, 4-millimeter-thick slices. Cut 3-centimeter lengths and then cut into 4-millimeter-thick batons.
2. Cook the Jardinière: In a large casserole, sweat the onions in butter without browning. Add the carrots and turnips. Cover with water, season with salt and pepper; add the bouquet garni, butter, and sugar. Simmer for 15 minutes.
3. Meanwhile, peel, wash and cut the potatoes to the same size as the carrot. Then add potatoes to the casserole and cook for about 10 minutes. 5 minutes before the end of cooking, add the peas, green beans, and cauliflower florets. Heat gently. Check the seasoning. Almost drain all vegetables and serve hot.

Notes

Jardiniere is a parent cut to Macedoine as the size is cut into regular batons of 3 to 4 centimeter long and 3 to 4 millimeter square, so batons are cut into Jardinière before getting diced into 4 millimeter square for the Macedoine. This is good practice for improving your knife skills since you can cut the vegetables into sticks or regular batons.

ADVANCED VEGETABLE CUTS

PAYSANNE CUT

Paysanne (translation: paysant)
Paysanne cut vegetables may be either in squares, triangles, circles or half rounds/semi-circles. In order to cut economically, the shape of the vegetable will determine the shape in which the vegetable should be cut. All the vegetables should be cut thin, to a width of about 1-2 mm (1/2 in).

How to cut a Paysanne:

1. Peel the vegetable using a peeler or paring knife
2. Top and tail cut the vegetable by removing the ends
3. Use a knife to cut grooves along the length of the carrot
4. Other shapes can be created by giving the carrot three or four sides along its length
5. The carrot can then be cut crosswise, in 3 mm (1/8 in) wide slices.
6. The shapes made can vary from circles, squares, and triangles to flowers.

MIREPOIX

The culinary term Mirepoix refers to a vegetable cut made of a mixture of roughly chopped onions, carrots, and celery used to flavour stocks and soups. Ham or bacon can also be added, depending on the kind of preparation. Normally onion, celery, and carrot are used and these are slowly cooked in butter until they are very tender. Thyme and bay are often added. Mirepoix is a vegetable flavouring used in making stock.

How to cut a Mirepoix:

1. The vegetables should be trimmed and cut into a size that will allow for good flavouring extraction.

2. Fish fumet and Court Bouillons should have Mirepoix that has been cut small.

3. Stocks that will simmer for over 2 hours may use a large-cut Mirepoix. A combination of chopped aromatic vegetables, customarily onion, carrot, and celery, a Mirepoix is used to flavour stocks, soups, braises, and stews.

4. The basic ratio of ingredients is two parts onion, one part carrot, and one part of celery, by weight. Because Mirepoix is not usually eaten, the vegetables, except the onions, do not have to be peeled but must be washed.

5. The size of the cut will depend on how the Mirepoix is to be used.



History of Mirepoix

Mirepoix derives its name, as many other elements of French cuisine do, from the patron of the chef who established it, in this case, one of the houses of Lévis, seigneurs of Mirepoix since the eleventh century, a famous name in Languedoc. The particular member of the house of Lévis, whose chef is credited by the Dictionnaire de l'Académie Française with giving a name to an old technique, is Charles-Pierre-Gaston François de Lévis, Duc de Lévis-Mirepoix (1699-1757), Maréchal de France and Ambassador of Louis XV.

TOURNÉ TECHNIQUE

Tourné Knife also called Turning Knife is considered a type of utility knife that is used for many of the same tasks as the traditional paring knife. The bird's beak knife, which is also known as a "Tournée" knife, has a two to a three-inch blade (shorter than that of a paring knife) and is designed to curve upward on both the cutting edge and the top edge.

This knife is commonly used to make a type of cut referred to as the Tournée cut in vegetables such as carrots, potatoes or squash, and is accomplished for purposes of food presentation. This cut is also known as tourné cutting or tournée cut. Bird's beak knives may also be used to slice soft fruits such as nectarines, plums, or peaches and for peeling skins or blemishes from a variety of fruits and vegetables. It is a knife that is also used for cutting decorative garnishes such as rosettes in radishes or fluted mushrooms.

Tourné Cut

The tourné cut is a challenging one that requires a lot of practice to master and a lot of patience. The goal is to shape a piece of vegetable into a certain form. Depending on the vegetable, the number of faces will vary.

Most of the time, the end result is a vegetable piece with seven equal sides and blunt ends. This is true for potatoes and carrots; other vegetables, such as zucchini, are partially turned to achieve a better yield or for variety. The length will also vary, but the most common size is 5 centimeters (2 inches) long.

It is not as easy as it may sound, so don't be discouraged the first time around. Keep on practicing. You will go through a lot of vegetables. I suggest you practice the motion with an egg before you try the technique with an actual vegetable.

Tourné is French for "turned", and in this technique, the vegetable is turned after each cut.

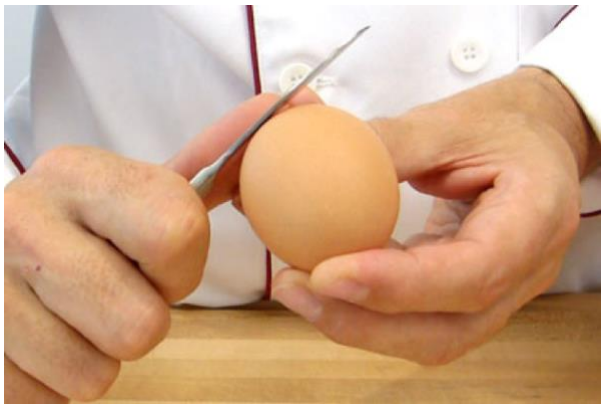
Once cut, the vegetables will cook evenly and the presentation will be elegant on a plate. All you need is a sharp tourné knife.

Practicing the motion with an egg.



Hold the egg in your guide hand.

Place the thumb of your other hand at the bottom of the egg and place the knife blade near the top of the egg.



Drag the knife down to your thumb, following the curve of the egg.



Rotate the egg, raise the knife back to the top and repeat the motion.

Tourné Potato



Cutting a Tourné potato.

The following are some key steps to follow when employing this technique:

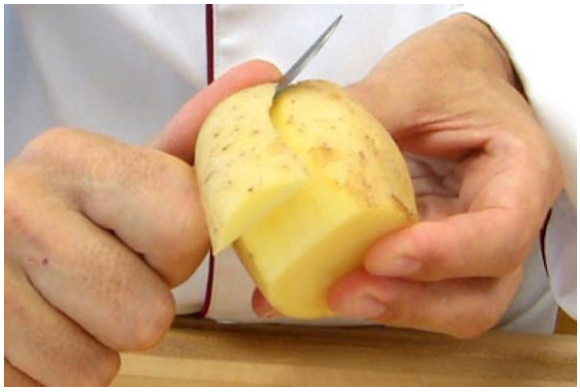
Step 1: Peel and cut vegetables into 2 inches (5 cm) lengths. Large and/or round should initially be cut into like chunks, approximately 1 to 2 inches (2.5 to 5 cm) wide (or the same measurements in length if cutting conical vegetables such as carrots).



Step 2

Rest a chunk on the middle and ring fingers on your guide hand, providing support with your thumb.

With the thumb of your knife hand at the bottom of the chunk, place the knife blade on the top of the chunk and cut into the flesh of the chunk's center.



Step 3

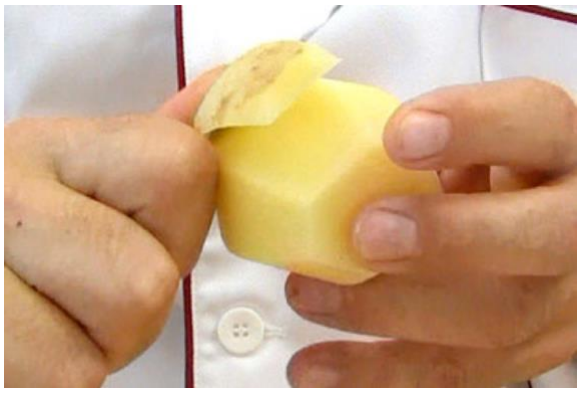
Be sure not to cut straight down into the vegetable; instead, use an arc-shaped cut. A useful image to follow is that of a barrel with seven sides—this image should guide the movements of your hand.

Move-in an outward arc to the midpoint of the chunk with the knife blade tilted out, then tilt it in as you move it in an inward arc down to the bottom. Once you finish with the vegetable, the knife should again be just in front of the center of the chunk.



Step 4

Using the thumb and index finger of your guide hand, rotate the vegetable chunk so that the edge of the first cut is facing you. This segment will be used to inform the next cut.



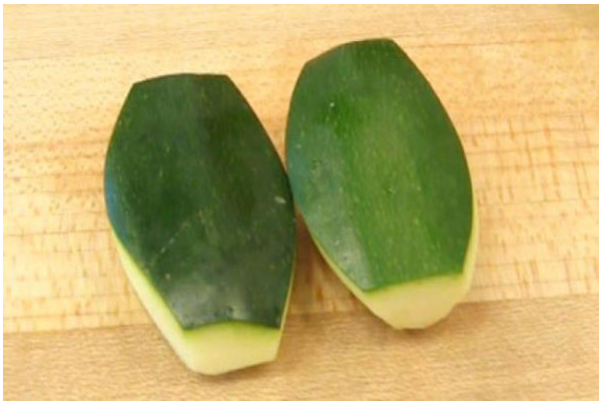
Step 5

Place the blade down on the top and just in front of the center of the chunk. Repeat step 5, using the edge of your previous cut as your guide.

Repeat all steps five more times so that you achieve a seven-sided barrel shape.

*Peeling is optional. If you are not going to use the trimmings, then you don't need to peel your vegetables. Also, some people like to keep vegetable skin when cooking. In French culinary arts, you always remove the peel of the vegetables you are going to consume.

Tourné Zucchini



Turning a zucchini is different from practicing the same technique on other foods like carrots and potatoes. Indeed, you want the skin to show on one of the vegetable's larger surfaces.

The end result is a flat oblong shape with a green or yellow top face. The bottom of the oval should be slightly flattened so that it stays in place on the plate.

Tourné Carrot



If your carrots are of regular size, simply cut them into chunks and turn them. If your carrots are quite large, cut them into chunks then into 3 equal parts. Turn each part.

GARLIC TIPS



Before chopping you must remove the germ of each clove, to avoid various stomach discomforts such as gastric pain, burps, strong breath, etc. To do so, split the clove in half lengthwise by the root side.



Pull away on each half the germ which is the “seed” located at the root.

RECIPES

To Practice French Vegetable & Veggies Specific Cuts

ENGLISH BOILED POTATOES WITH CHOPPED PARSLEY

In France, anything that is simply boiled is said to be à l'anglaise (English-style). Unlike their English counterparts, however, French chefs typically "turn" their vegetables. It means, to cut them into seven-sided barrel shapes before boiling them to ensure even cooking. Not the most exciting recipe of the French repertoire, but the effort is in "turning" the potatoes not in cooking them.



Preparation Time: 10 minutes

Cooking Time: 12 mins

Total Time: 22 mins

Serves: 3

English Boiled Potatoes with Chopped Parsley

Ingredients

6 small waxy potatoes (red or white), same size

1 tbsp chopped parsley

2 tbsp melted butter

Instructions

1. Turn the potatoes: Fill a bowl with cold water. Use a paring knife to cut the potatoes into chunks about 6.5 cm (2.5 inches) long and 4 cm (1.5 inches) thick. Cut off both ends of the chunks and then pare down the sides, shaping or “turning” them into small barrel shapes with 7 faces. To prevent discoloration, hold the finished and turned potatoes in the bowl of cold water while you are working.
2. Cook the potatoes: Drain the potatoes and place them in a saucepan covered with cold salted water. Bring to the boil, reduce heat to medium and cook for about 10 minutes, until tender when pierced with the point of a knife. Leave the potatoes to stand in the cooking liquid to keep warm until serving time.
3. Finish the potatoes: Drain the English turned potatoes. Serve in a vegetable dish sprinkled with the parsley and the melted butter

POTAGE CULTIVATEUR

This is the perfect soup to practice and use your Paysanne cut. This soup has a clean, fresh taste and the bacon adds a hint of smoky, salty flavor while the crunch of the croutons is a nice accent against the tenderness of the vegetables. Potage Cultivateur is a great classic recipe in the French Culinary repertoire.



Preparation Time: 20 minutes

Cooking Time: 35 mins

Total Time: 55 mins

Serves: 8

Potage Cultivateur

Ingredients

2 tablespoons butter
4 slices double smoked bacon, cut into small pieces
1.5 cups leek, cut into Paysanne
1 cup green cabbage, cut into Paysanne
1 cup carrots, cut into Paysanne
1 cup turnips, cut into Paysanne
1 cup celery, cut into Paysanne
1.5 cups potatoes, cut into Paysanne
0.5 cup green beans, cut into Paysanne
0.5 cup peas, frozen
0.25 cup Gruyère cheese, grated
24 thin baguette slices, toasted

Instructions

1. In a large casserole dish, melt the butter with the bacon and cook on medium heat for five minutes. Add and sweat the leeks, cabbage, carrots, turnips, and celery until soft but not brown. Add three liters/quart of cold water. Bring the mixture to boil then turn down the heat and simmer for about 20 minutes. Season with salt and pepper.
2. Once the 20 minutes have passed, add the potatoes and simmer for another 15 minutes. Just before serving, add the green beans and peas to ensure they are not overcooked. Taste and rectify the seasoning according to your taste.
3. Serve hot with Gruyère cheese and croutons on the side.

POTAGE AMBASSADEUR

Split peas are very popular winter vegetable in France. They are either made into soup or served as a purée generally with pork. This is a particularly refined split pea soup that includes a little rice for added texture, sorrel for a touch of acidity, and lettuce which adds a light, fresh taste.



Preparation Time: 30 minutes

Cooking Time: 30 mins

Total Time: 1 hr

Serves: 12

Potage Ambassadeur

Ingredients

14 ounces dried split peas
2 ounces butter
1 large carrot, finely chopped
1 large brown-skinned onion finely chopped
3 ounces bacon, cut in small strips
2 medium leeks, green part only, washed and sliced
2 cloves garlic, peeled and finely chopped
8 cups light chicken or vegetable stock
2 ounces short grain rice
Salt and white pepper, to taste
0.25 cup whipping cream
3 ounces fresh sorrel, cut into chiffonade (or arugula or dandelion)
3 ounces lettuce leaves, cut into chiffonade
Small bunch chervil or parsley, for garnish

Instructions

1. Soaking: Soak the peas overnight refrigerated in cold water. Next day, drain in a colander and wash thoroughly.
2. Blanch the peas: Place the peas in a large pot, cover with cold water and simmer for a couple of minutes. With a skimmer, skim off the foam. Drain in a colander and refresh with cold water.
3. Cook the soup: Melt an ounce of butter in a large saucepan over low heat. Add the carrot, onions, bacon, leeks, and garlic and cook, stirring occasionally, until the vegetables are soft but not colored. Add the drained peas, and cover with the chicken stock. Season with a pinch of salt and white pepper. Bring to a boil and simmer for 40 minutes or until the peas are tender.
4. Prepare the garnish: Meanwhile, cook the rice in two cups of boiling salted water for about 20 minutes, or until tender. Drain, refresh and set aside.
5. Finish the soup: Purée the soup with an immersion blender until it becomes smooth, and you may strain through a fine sieve in a clean saucepan. Bring back to a small boil; add the cream and the rice. Check the consistency, taste and adjust the seasoning.
6. Heat the remaining butter in a saucepan over low heat. Add the sorrel and lettuce, and cook until the moisture has evaporated. Pour the hot soup into a tureen and add the cooked sorrel and lettuce.
7. Serve hot sprinkled with chervil leaves.

ALLUMETTE POTATOES

With this recipe, you will perfect your knife skills and learn how to blanch and fry the potatoes to make them very crispy.



Preparation Time: 10 minutes

Cooking Time: 10 mins

Total Time: 20 hr

Serves: 4

ALLUMETTE POTATOES

Ingredients

1 lb baking potatoes
Oil for frying
Salt, to taste

Instructions

1. Pick your potatoes: To make the best French fries, you'll want to start with high-quality potatoes. The best fries are made from russet potatoes that have low moisture content. The low moisture content means the potatoes will absorb less oil during the cooking process resulting in French fries with a crispier texture.
2. Prepare your potatoes: Peel and wash potatoes. Slice into 1/4-inch thick slices, then into 1/4-inch sticks. Before cooking them, place them into a bowl of ice-cold water. Allow them to soak for about a half-hour. This will ensure maximum crispness when you finally fry them.
3. Blanch your potatoes: To create the very best fries, you'll want to blanch your potatoes before frying them. To blanch potatoes, heat clean cooking oil to a temperature of 320 degrees Fahrenheit. It's important that your oil be hot enough to keep the potatoes from soaking up extra oils during the blanching process. Cook your potatoes on both sides for 2-3 minutes. Your goal is to precook your fries. You don't need to cook them until their golden brown yet. After removing your fries from the blanching oil, put them in a container and refrigerate them until you're ready to fry them golden brown.
4. The final fry: When you're ready to serve your fries, heat your cooking oil to a temperature of 365 degrees Fahrenheit. Slowly add the potatoes to the pan and fry them on both sides until golden brown in color. Immediately remove from the oil when golden brown and place them on an absorbent towel to drain any excess oil.
5. The final fry: When you're ready to serve your fries, heat your cooking oil to a temperature of 365 degrees Fahrenheit. Slowly add the potatoes to the pan and fry them on both sides until golden brown in color. Immediately remove from the oil when golden brown and place them on an absorbent towel to drain any excess oil.
6. Season your fries: Always serve your freshly made fries within ten minutes for best taste. Before serving, sprinkle your fries with sea salt. Many people enjoy the taste of natural French fries and won't require any other seasoning. For the more daring, fries can be seasoned with garlic, chili powder, black pepper, parsley, or a variety of other dried herbs and spices. They can also be served with an array of dipping sauces such as honey mustard, barbeque sauce or garlic mayonnaise. Of course, the favorite for many people is still old-fashioned ketchup.

However, you choose to serve your freshly made fries, you can be sure that the best French fries will come from your own kitchen. Pick your potatoes: To make the best French fries, you'll want to start with high-quality potatoes. The best fries are made from russet potatoes that have low moisture content. The low moisture content means the potatoes will absorb less oil during the cooking process resulting in French fries with a crispier texture.

TOMATO JULIENNE SALAD

A perfect salad to help you practice your knife skills such as slicing, julienne cutting, and chopping. It's also a good exercise in vinaigrette making with two different classic dressings.



Preparation Time: 15 minutes

Cooking Time: 0 mins

Total Time: 15 minutes

Serves: 8

TOMATO JULIENNE SALAD

Ingredients
8 medium ripe tomatoes
3 small shallots, peeled and sliced
4 medium green onions, finely sliced
FOR THE JULIENNE SALAD
0.5 cup fine julienne carrot
0.5 cup fine julienne cucumber
0.5 cup fine julienne red bell pepper
0.5 cup fine julienne yellow bell pepper
0.5 cup fine julienne celery
1 tablespoon finely chopped cilantro
FOR THE VINAIGRETTE
3 tablespoons lemon juice
9 tablespoons olive oil
Salt and pepper, to taste

Instructions
1. Make the vinaigrette: In a non-reactive bowl, whisk in the ingredients in the listed order. Taste and rectify seasoning if necessary, and reserve.
2. Make the julienne salad: The ideal size would be 5 centimeters long and 2 millimeters square, for all vegetables. Mix in a bowl and season with cilantro, lemon juice, olive oil, salt and pepper to taste.
3. Plate: Wash and core the tomato. Split the tomato in half going through the core. Slice the tomato in thin and regular slices. Plate the tomato slices in a large circle, one at the time, by overlapping. Brush the tomato with vinaigrette and garnish with shallots and green onions. Garnish the center with seasoned vegetable julienne and serve.