

Chef Callison's Culinary Fundamentals - Knife Safety and Skills

ANDREA JIMENEZ: Hello, and welcome everyone. My name is Andrea Jimenez. I am the new Global Connections coordinator, where we bring campus events to you online. Today-- tonight-- we will be presenting you with the Livestream Knife Safety and Skills with WSU's very own executive chef, Chef Jamie Callison. Thank you for being with us today and his assistant, Justin.

This is the first of a three-part series on culinary fundamentals. To sign up for the rest of the series, be sure to visit connections.wsu.edu. So without further ado, thank you.

JAMIE CALLISON: Thank you. So welcome everybody. Tonight we're going to go over knife skills and knife safety. I teach cooking to a lot of people every year, and one of the first things I try to instill is good knife skills is going to make you a better cook. And part of that is, if you can cut things faster and have a better opportunity getting things cut correctly and faster, you're going to cook more.

In the same way, in the next few videos we're going to also talk more about cleaning. So if you clean as you go, and you can get dinner a prepared in a speedy matter, because you have good knife skills, you'll learn that-- you kind of figure out that you'll start to actually cook more at home. And it'll be a lot more fun.

First off though, we want to talk a little bit about knife safety. A sharp knife is way safer than a dull knife. So years ago in the industry, my first hour of every day was sharpening a knife. Nowadays, we just don't have the time to do that. But we'd use a whetstone. Or, this is an oiled stone. You can use this triple stone which has coarse, medium, and fine on it. You can use it with water or you can use it with oil. When I was in the industry-- this has oil in it-- but a lot of times we would use water. And as long as you start with water and never add oil to it, it's fine.

This works great, but this takes a lot of time. And also, you have to hold your knife angle exactly right. And usually I like about a 15 degree angle. So when you're using something like this, you're having to keep that angle exactly the same. And when doing that you're putting pressure here and here, and not in the middle. If you put it in the middle your knife ends up having a big bow in it. These are-- I'm not saying they're outdated. A lot of people in the industry still use these. But it does take a lot of time and definitely are-- most people don't have an hour a day to sharpen their knives.

So when I worked with a Japanese chef, we'd use a whetstone. This is really the best way to sharpen a knife. This is a little more coarse. This is extra fine. We would just have a bunch of these sitting in a pan. We would take our knife-- again, putting pressure right here, about a 15 degree angle-- and go back and forth. And then on the other side, same thing. And we'd be able to go back and forth, holding that angle. They do have clips that clip onto your knife, that

actually hold that exact angle, which is really beneficial. Again, that's the best way to keep a knife.

However, in the modern day we've kind of went to these. These have come a long ways, these grinders. This one doesn't really grind the knife so much. It does a great job at sharpening the knife. It's very simple. It has one, two, three. One is coarse, two is medium, three is extra fine. As a chef, years ago I would have not liked to see this or hear this. The old ones used to just tear apart your knife. These ones are actually pretty decent. And this one holds that 15 degree angle that we're looking for.

So to do this, it's simple. The angle is set for you. You're just running it through at about the same speed. These knife sharpeners are about-- you can get them for about \$115 to \$135. So that's coarse. I'm gonna go medium. And again, this is not the favorite sound of a chef, but basically I can sharpen 10 knives in the amount of time it used to take me to sharpen one knife. And so it's very beneficial to have something like this. And this Chef's Choice knife sharpener, everybody in my family has one of these. I don't like going over and cooking at somebody's house if their knives are not sharp either.

So, knife safety-- a lot of cuts happen because of just nicks and scrapes. When you're using your knife, one of the things I like to talk a lot about is cleaning the knife. My last few cuts were definitely cleaning the knife, not by cutting. So when you're cleaning the knife, a lot of people and a lot of chefs you'll see hold the knife like this, and wipe like this. The problem is, if you're in a hurry, you can accidentally turn around the knife and cut into the towel. My last cut was that exact cut. Then you end up cutting the palm of your hand. And the palm of your hand is not an easy thing to heal, because you're always moving your hand. So even though usually that's not a really bad cut, it takes a really long time to heal.

So what I like to do is take your knife and set it down on the cutting board, and actually just take the towel and wipe it. It does two things. You're able to put a little bit more pressure on it-- and don't pull it back, because you can catch on the blade. Just nice smooth movements like that. And it's works a lot better.

Again, some of the tricks I'm going to show you today, if you use the knife correctly it is absolutely impossible to cut yourself. One of the few accidents-- and I'm going to talk about a few accidents today-- but I've been working in the kitchens for-- I'm going to stick with 35 five years. It's been a little longer than that, but 35 sounds better.

So never catch a falling knife. I've seen people actually go to grab a knife. It's a lot cheaper to replace this knife than go to the doctor. So if the knife starts to fall, just back away and let it fall on the ground. The secret though is never set the knife up to fall. I see a lot of times that the knife is setting over the edge, like this. And somebody will knock it, and they'll hit it, and it'll fall. It will start to fall. Your natural reaction is going to be to catch it. The blade is really long and the handle is really short. The chance that you're going to catch it on the handle is not very good.

The other thing that happens a lot too, is people will have their knife setting up on product like this. And the knife will roll off the cutting board, or somebody will pick up the cutting board and try to carry it with a knife on there. The other thing that will happen, too, is when you set your knife on product a lot of cuts will happen. Somebody will be talking, you'll be talking to somebody, and you'll just kind of rub your finger up against the knife. And that's another really dangerous thing to do.

So when you're sending up your cutting surface, we always put a damp towel-- whether it's a wood cutting board, or anything-- underneath the cutting board. Because if this is moving around, if you put this straight on a counter, your cutting board will be moving. Your knife's moving. Your hand's moving. The product's moving. That's a lot of moving parts to keep track of. So a secure cutting board makes a huge difference.

And I know I'm giving you a lot of rules, and this isn't the most exciting. But this is all things that are really going to help you have a successful time in the kitchen. I've seen a lot of people put knives in kitchen sinks. And I know some of you out there do that all the time. That is very, very dangerous, because what happens is people will go, and then they'll put-- especially if you have a sharp knife. Again, a sharp knife is way safer than a dull knife. But a dull knife in the sink is probably not safer than a sharp knife in the sink.

So when you put the sharp knife in the sink, and you put something over the top of it, then you go ahead and grab the dishes-- the worst cut I've ever seen in the kitchen was somebody putting a knife in a dishwashing area, and somebody sets something over the top, and they grabbed that item. So make sure your knife-- you wash your knife, dry it, put it away. Especially if you're using good knives.

And a lot of people say what knife should I buy. It's what knife feels good in your hand-- Victorinox, Forschner. I've been in the industry for a long time. I have knives that are \$400 at home. I never hardly use them. I have sushi knives I use when I make sushi.

The Forschner Victorinox knives I think are one of the best knives. Good Swiss steel, they are really lightweight, and they keep their edge really, really well. And they're about \$45 for a chef knife. And so they're not very expensive. But almost every chef I've worked with on a daily basis will pick up one of these knives. Butchers, anybody who works a lot in the kitchen. Again, they're lightweight.

But there's so many different styles and knives out there. I would actually go, see how it feels in your hand. When you're holding on to a knife, it's important that you're not holding back here. I was never good at baseball, but I coached baseball for many years. Poor kids. But one of the things I taught them was to choke up on the bat. We do the same thing with the knife. If you're holding the knife way back here like this, you have no control. And most people hold the knife exactly like this. Even though a lot of you are probably looking at it right now saying, I don't do that. You'll see when you go to cut, a lot of you-- and maybe this might be an exaggeration-- but you're holding like this.

I always put my finger right here. And it's actually kind of made for that. And just like that. And not a firm grip either. If you hold on to the knife really tight, it's actually going to be harder to cut. You want your knife to do the work for you.

Another really, really important part of using a knife is using the right knife for the right job. I go over to people's house all the time, and they take something like this-- and I'm not judging people when they cook. I love it when people cook for me. I'm very easygoing. But when they're cutting with the wrong tool, and they'll cut, dice, carrot with something like this. And it's really, really hard to do. And actually, a lot of times they're having to go like this, and then that tip of the knife could cut them.

So most of time, we use a chef's knife. The French knife-- that's this knife right here. And it works really good for chopping. This knife is a paring knife. It's really good for trimming vegetables, doing small items. But it's not good for dicing vegetables. When I see somebody doing this when I go to somebody's house, I either get in the kitchen and help them, or I grab a glass of wine and go sit in the corner. Because it just-- it's taken way too long.

This right here is a tourné knife. This tourné knife is for trimming vegetables. Most people wouldn't use this at home. When I worked in hotels, and I worked garde manger, this is what we used sometimes six hours a day for doing fruit carvings and vegetable carvings. It's a great little knife. But this would be impossible to dice with, or even cut with vegetables. This is used for turning vegetables, or trimming vegetables, or garde manger work. Garde manger means "the cold kitchen."

So this right here is a filet knife. And you're going to actually see this a little bit later on when we fabricate a chicken. Or when Justin fabricates a chicken, because I'm not doing it. It's flexible. This is flexible because you're able to go around the bones. And they're usually really, really sharp. But if you tried to cut vegetables with this-- I don't know if you can see, but this-- it doesn't hit the cutting board. You can't cut. So this would not work very well for dicing vegetables.

This is a bread knife. If anybody on there can answer what we use this for-- bread, right. I usually don't say that bread word first, but it's good for bread. It also, because of the ridges here, it does not go all the way down to the cutting board. You have to saw through your ingredients. It works really good also for really soft tomatoes and certain other products. But it's a bread knife. Not for dicing, but for actually sawing.

This right here is a steel. This is for honing the knife. This does not sharpen the knife. It keeps the knife sharp. The more you use this, the less you have to sharpen your knife. You see a lot of chefs will actually-- you see this on TV all the time. They'll go like this. Works great. If you look at the steel-- I don't think you can see it in the camera, maybe-- but there's a lot of little marks in there. Going towards your hand, anything you're doing, is not a good idea. So I always take it, and I actually go down like this. And I can actually see the angle better too. And I think it definitely works a lot better.

The hardest thing to get used to-- when I first started cooking, I worked at a restaurant for about a year, learned how to cut-- and properly. I went to my next job, and they said, what can you do well? I said, I can actually use a knife really well. I grabbed the knife, and the chef was really scared, because I had no idea what I was doing in cutting properly. So I had to learn all over again. And it was really, really tough.

The trick of good knife skills is, of course, holding the knife correctly. Always, if you're carrying the knife, always down to your side. Don't walk around the kitchen like this, because if you fall, the chance of hurting yourself is going to be pretty good. So always down to your side like this. We have a thing we call "the claw." And the claw is-- you're holding on to product, and the knife is going right up against your hands. And we do that-- thumb tucked in-- and we do that, because if the knife slips it is absolutely impossible to cut yourself. And that is really important.

So if you have good grip on the product-- and when we're gripping on to the product, it should be kind of a natural grip like this. And I don't know if it's easy to see here, but you can kind of see a V. And we want to see that V when we're looking down. And it's kind of that negative space. And that way, if the knife slips it's not going to cut you. It's absolutely impossible to cut you.

The hardest thing to get used to though is having the knife right up against your knuckles. And this is going to be a long process. And it's going to take a lot of time to get there. So again, knife up against your knuckles, the claw. It's a lot to remember, I know. You're holding on to the knife like this, so you have a good grip. And if you look here, again-- you look in there, and you can see that space there. You're always going to be looking down at that space.

So what we're going to do is we're going to keep the tip of the knife on the board. And the other thing I would recommend to is-- you can see how this is round. When you're first learning how to cut, I always-- the other thing for safety too, keep the knife blade not facing toward you. But I always keep it on a towel up above, or at least on the cutting board up above, so that the blade's not facing you. Most cuts happen because you scrape the knife.

So when I'm first learning how to cut, I actually take-- when I'm teaching people how to cut, I'll take the product-- I always tell them to get the product to a flat surface. That way it doesn't roll. Again, if this cutting board was moving, your product is rolling, and everything was kind of moving around, it's going to be really tough.

So I'm going to take the tip of the knife, and I'm going to keep the tip of the knife on the board. I'm going to cut with the back of the knife right here. Again, holding on like this. And when you're holding onto your product, a lot of people at first will go like this. And if you do that, you can't really hold on to the product, and your finger's flat. If your finger's flat, it's going to be easy to cut yourself. If your finger's like this, and you have that negative space, and you're always looking down for that-- I know I keep on saying it, but it's so important-- and you're always looking down for that, that knife slips, you're not going to cut yourself. And not if, it's when. The knife will slip at some point.

So a tip of the knife on the board. We're going to look like this. And we're just going to go down, and we're going to go really slow. And I'm looking down at that negative space. And it's-- at first, even though you may be able to go really fast-- and I see a lot of people cut. And they'll actually cut with the tip of their knife. And so they're doing this. And a lot of you will say, there's no way I would do this. And you will find yourself-- quite a few people will do this.

Tip of the knife on the board, and they'll lift the knife way up like this. Or they'll go-- or they're doing more of a sawing motion like this. But then they're taking the knife back and forth. Both those things are dangerous. And it's really awkward that way. Cut with the back of your knife. Tip of the knife on the board. And you're just looking down. And at some point, it's going to come by feel. For now, just keep on looking down and moving your finger.

And, if you notice, also a lot of chefs will tell you to move the product with your fingers like this. The problem is, you can see how my fingers kind of went flat. So if you move your product down like that, you're going to be-- later on, as you get better at cutting, you can do that just a little bit at a time. At first, I would work your way down the board instead of pushing the product into it.

So I'm going to do this one more time. So when you first start cutting, I would suggest maybe, if you look at this product-- this is not going to work out very well for a soup, right. But it works out great for practice, like for stock. And we're going to go into making stocks next week.

So I'm going to show you a technique on how to-- I'm going to cut the carrot. This is how you're going to get actually diced carrots. So I'm going to cut the carrot so it's a little bit shorter, easier to manage. Cut off the end. Then I have my carrot like this. I'm going to-- what we call in the industry, sheeting it. So we're creating sheets, just like this.

Now-- yesterday was Wing Wednesday, so we can talk about carrot sticks. So for diced vegetables-- then we're going to take that, and we're going to cut this into-- this would be called, in French terms, batonnet. But we're going to just call this today, to keep this simple, you want to cut carrot sticks that are about the same size.

Then you're going to take those-- and this is something that you're going to need when we do our later classes for soup week. You want to get these about the same size. So you're going to take them, line them up. And then you're going to cut those. And you end up with a really nice diced product for your soup. When we do product for soup, too, it's really important that you get it where it will fit on the spoon. And we'll talk about that more when we do soup week. But you want it all kind of the same size. And it works out really good. We're using this all for stock, so it doesn't matter as much.

So again, when you have that sheet, like this, you're just going to cut that into-- so for a little bit larger dice, you're going to cut that. And you're just looking at that, and you're just watching. And you're keeping that negative space, keeping the tip of the knife on the board.

And the other thing, if you noticed, I am keeping my board clean. That's really important. If all of a sudden you have too much stuff on your cutting board, you're going to end up starting to work like this, and the chance of you kind of nicking yourself with a knife-- again most cuts are just a nick. But if we take those precautions, and we keep our work area clean, you're going to have a lot easier time cutting and staying on task.

So for celery, we're going to approach this the same way. So I would say for practicing-- again, tip of the knife on the board. I know I keep on saying the same thing over and over again. But nice V-shape right here, cutting with the back of the knife. And you're just going to-- looking down and moving down with the product.

And then what will happen one day is you'll kind of be doing that-- and Justin's doing that now, where he'll be talking to other people walking by, and because it's all by feel, all of a sudden you're like, you know, this weekend we had a lot of homework to do, and things were going well. And he has this really weird Cheerio joke, so someone is going to tell that too. And he's just cutting you like that. And people are like, what are you doing? And actually, if I don't look-- if I look, actually it's harder for me to cut even. If I don't look, I'm cutting exactly even.

I do not suggest not looking at first. So when you're first learning this, it'll come natural. Do not force that not looking. It'll just-- one day you'll be talking to people, and because the knife is right up against your hand, all of a sudden it becomes feel. And so again, if that knife slips you're not going to cut yourself.

So for diced celery we're going to basically-- again, I like to cut it-- a lot of people would try to cut for dice, they'll take something like this long, and they'll try to cut it all the way even like this. That's really hard for even me. So I always make it smaller, like this. So then you can take it, and you actually have a lot better opportunity to get it to a size that you can-- to get it to more of an even size. Again, it's really hard to cut all the way down like that.

Then take some of your celery. Again, we have celery sticks. Batonnet is the right word for it, but we're going to call it sticks. We're going to line that up. Again, using the claw. And I'm holding on to my product like this. And again, if this feels really unnatural holding on to the product, that probably means that you're going flat like this. And again for diced, then we're just going to turn those celery sticks-- different terminology than what I use when I'm teaching the advanced cooking class but that's the terminology I'd use at home.

OK, then the other thing you can do too, if you're cutting this, and it has a really big-- if this is really sticking out, you can trim that off. So then at some point-- this takes lots of practice. Have you ever watched Julie and Julia, where she gets all the onions. It just takes lots practice.

Don't do this yet but that's all by feel. I don't even need to look at it. And actually they all come out really nice. Don't do that yet unless you're an expert. And I don't even think of myself as an expert, and I've been doing this for a long time. The day that I'm an expert is the day I retire,

which is a long ways away. Sometimes they ask me that, and it's like, I still have 15 more years or so. And they're asking me when I'm going to retire.

OK, the onion. So the onion is the most complicated thing to cut. But when you learn how to cut this right, it'll actually pay off for you. The key to dicing an onion is this right here. There's certain things that'll help you not to cry. One of the ways I've found that works every single time is have Justin do it. It works every time. That's the only way that works every time.

JUSTIN WALKER: It's a pretty good trick.

JAMIE CALLISON: So I'm going to trim this off. You don't want to trim too much of this off, or it's going to actually release a lot more moisture. And that moisture coming out of the onion is what's going to give you that strong effect. So we're going to trim just a little bit of that off. Now this has dirt in it, so we want to get rid of this. This is garbage.

So we've already kind of pulled off some of the skin. I'd like to pull off a majority of this before I try to cut through it. And if it's really dirty, I'll actually wash the outside of the onion before I do any cuts. So we've trimmed that part off just a little bit. Now I'm going to trim the bottom off. And this helps, because now it sits flat. So when I want to cut this in half now, I'm going to take it, and I'm going to put my knife up here like this. And I'm going to go like this. And I'm going to move my hand-- do not hold your hand down here-- and go straight down like this.

Now this right here-- and I'm going to say this over and over again-- this right here is the part that will make it more successful for you while you're dicing an onion. If you take this part off, the onion kind of starts to fall apart. So we're to take off the outside skin. The outside skin-- some chefs will say to use that for stock. There's still an opportunity for some dirt in here. This, to me, always goes to compost.

So we're going to peel off that-- especially that-- and I just keep on-- the onion sometimes, you have to take off three or four layers before you get down to the good part of the onion. This part right here, even though it's white, that's not enjoyable to eat at all. So in stock that might be OK. But again, there still might be a little bit of dirt in there.

So again, this is the part that will help you really have success at dicing the onion. We're going to trim that off just a tiny bit. We're going to trim off the bottom. And the set it down. And then so now this is setting down flat, because I trimmed off the bottom. So we always are thinking of knife safety.

So now we're going to take the knife, we're going to go in the center. And I'm using the claw at the beginning, but I'm not holding my hand here. So when the knife slips-- not if-- my hand won't be in the way. So I have it centered right here. And so I'm cutting right through that part. So what I like to do is, say if you're peeling, say you have four onions to peel, peel them all. And then that way we can kind of clean our board off of any dirt or debris that might be on there.

I see a lot of people, though, dice one onion, then peel another onion. Dice one onion, peel another onion. And it's way easier to do it all at the same time. Well, maybe easier. This thing is not cooperating here. So you see how tough some of this skin is. And again, if you're peeling it, and you get to a layer that's still-- I mean that's a very edible layer. But that piece of onion is bad. We'll pull that off.

So now there's a great chance that there's a lot of dirt right here. I like using sanitizer. Sanitizer is definitely food safe. I can cut right on this board. And you can buy sanitizer at the grocery store. It works really good. Again, cleaning off the knife, I always push down like this. So in my cooking classes, when I ask them at the end of the semester what was the most valuable thing of the class for a whole semester, almost everybody says dicing the onion. I'm going to pull one more layer off this. I can just see that this is still really kind of tough right here.

So the trick to dicing an onion, or the technique-- we're going to cut towards this now, but never through it. So this first cut is kind of a trickier one. We don't want to do this one way up here on the cutting board, because the knife doesn't land correctly. So we're going to take the onion, and we're going to take it to the side. And then we're going to take our knife, and we're to put it into the onion like this. So we're just setting it up like this. If I did this over here, it would not be even.

So I'm going to take it right to the edge. And then put my hand like this. Not like this. When the knife slips, you will cut yourself, if you have it there. So I'm going to rock it back and forth. Hands out of the way. Again, I'm cutting towards that core of the onion, but not through it. So now we're going to take this off.

Now the first cut, you can kind of see that there's lines right here. So if you ever get lost, just talk to the onion. Turn it over. Find out where that's at. Look at it. You know you're cutting towards that. We did that first cut. Then there's lines right here. You know you're next cut is going to go along the lines. How thick you cut it now is going to determine how big the dice is. So if I wanted a bigger dice I would leave a little more space there.

And I'm still using the claw, but I'm using the tip of my knife to do the cut. And then instead of the tip of the knife staying on the board, especially onions are taller, I'm going to do what we call a sheeting motion. So we're just pushing down like this. And again, I'm still using the claw and I'm watching. And when you first are doing this, and the onion starts to get wobbly, you stop. You can still cut this up, of course. Don't throw it away. But don't start cutting. Again, things that are moving are really tricky.

So we're going to do this again. Now you can see how this is really loose, right here. And this is really tight. So if we cut through the wrong way, the onion is going to fall apart as you're trying to dice it. This is really solid up here. So this is the key-- this little core to the onion-- to holding everything together. So we're going to turn that over. And again, we're going to go to the edge, hand up here. And we're just going to rock the knife back and forth. Don't try to slice just through it. You need to rock it back and forth. And you're cutting towards it, not through it.

Then the tip of the knife, and you see the lines right here. If I wanted to make this really small-- and you're going to get some pieces that fall off sometimes. I'm going to go through like this. My wife loves onions, but she definitely likes them diced small. Sometimes I think that's the only reason she married me, was because I could do this.

We're going to go through like this right here. So this is going to be a pretty valuable technique right here. You see how small that is? With hardly any effort. It's amazing how just the change of the size of that cut, how much that helps.

I'm only going to do one more half an onion, and talk through it again. Because if you want to at home, you can rewind. Usually I do this like six times when I'm teaching students, because they can't rewind. I don't want to put you through that pain tonight.

So again, you're going to turn over the onion. This is loose. This is the core. We're getting towards that, but not through it. Taking my hand over here, up out of the way. Rocking the knife back and forth. Pulling the knife out. There's the lines right here. Now I'm just going to do an average dice. Tip of the knife to the board. And then down.

Our students love this, because they get to go home, they get to show their parents and their grandparents. I've gotten a few emails from parents though, saying that they wish that somebody else would have taught them that. They've been cutting wrong for 30, 40 years. Just cutting an onion the correct way is such a huge help.

So what I like to do too, as you're cutting, is to kind of clean up your area as you're going. It actually makes cooking more fun, when you're cleaning as you're going. So I told everybody I wasn't going to say any thyme jokes, so one more time?

JUSTIN WALKER: Just once more.

JAMIE CALLISON: Once more. So these are all washed. My students all call that dad humor. Which is not always very funny, I know. So with thyme, we have the soft part of the stem up here. We don't have-- this is a bad joke again-- we don't have thyme to go like this. And I've worked for places that we had to do that-- pull off each leaf. There's just no way. We're just going to take our fingers, we're going to pinch the stem, and go like this. The very top of the stem is just fine. The bottom part is really woody, but the top is fine. If you chop a little bit of that up in there, it's really soft.

These stems too-- a lot of people just throw those away. If you're making a lot of chicken stocks and stuff, save-- freeze them. And then use those for your stock. Don't spend a lot of money on thyme, and then throw away the stems. And when we get in the stocks, we'll talk through the benefits of that. But the more you buy fresh product and use it, it's just amazing the difference. And there are some good products out there, freeze-dried thyme and stuff. But fresh thyme, to me, is-- there's nothing like it.

So we have our thyme like that. We're going to cut a bunch of this up. And then we're going to-- you're going to put your hand like this, over the top. First I do this-- I kind of bunch it up for that first cut. And then I use this scraper like this. And this is great.

These things-- these little bowl scrapers-- everybody should have one of these. It just it makes your life so much easier. Now I can kind of go like this, and chop. And then if you get some product on your knife, or you need to pull it back together-- just like that. And it works really good. Again these things are about-- you can buy them for less than \$0.95. And this is definitely something everybody should have. Where's my other-- here we go.

OK, then rosemary. We're going to do a little similar, but we actually pull the stems the opposite way. This is beautiful rosemary. It's like a tree trunk here. So with the rosemary, actually we're going to go the opposite way. It's easier to pull like that. So basically, you have the softer side here, and you're playing the opposite way. Rosemary is a little tougher to chop. Because this one is so thick, this is some intense rosemary. You can see how thick that stem is. So we're definitely have to approach that a little differently. So pull that off. And then pull that top piece off.

That's some nice-looking rosemary though. I love the smell of all the fresh herbs. So rosemary is going to be a little tougher. You're going to have to put a little bit more pressure. Now when we're chopping-- this is the technique for chopping-- we're putting her hand up here. And again, we're not doing a lot of pressure. We're not holding onto the knife really hard. We're actually rocking the knife. With rosemary, you do have to put a little bit more pressure on it just to break through it. Then you can go back to this. At first, this doesn't work very well, because it's a little harder to cut through. So we're going to chop.

So again, the more you practice-- I know that a lot of it's going to be very, very difficult to get these techniques down at first. The more you practice, the better you're going to be. And so when you're-- every time you pick up a knife now, make sure you're chopping the correct way. And the way you're going to do that is by watching and evaluating what you're doing.

And I know it's going to be very hard to kind of get used to having that knife right up against your hand. So these bowl scrapers actually work really good too. I'll have people actually take these, and just put it up against your knuckles like this, and do this. And actually, you'll get really comfortable and confident that you can actually start cutting, and being safer. Because this right here, you're not worried about the knife.

Now if you look at this though, again, I can't cut myself, if you're using that right. So again, tip of the knife on the board. You're cutting with the back of the knife. And just put your finger right here, and roll around like this. And then you're able to look down. And you're looking down at what we call the V. So you're always looking for that V. And that V, if you're looking down and you see that, that means that you're going to be safe.

And don't have your thumb sticking out. Don't end up with a finger sticking out like this. Always keep those fingers and stuff tucked in. If you look down and you see that V, and you're cutting, you're going to be safe. And actually, you're going to get a lot more accurate cuts, and you're going to do it a lot faster through time. At first, it's going to go a lot slower.

So now, I think it's time for Justin to demo the chicken production. Justin is one of our culinary certificate students, through that course that we have here. So he's getting his bachelor's degree in hospitality business management, but he's also getting basically a culinary arts degree at the same time, which takes a lot of work. He's had to come up a lot of chickens. Right?

JUSTIN WALKER: Yes, I have.

JAMIE CALLISON: Yeah. So we're really happy to have him here. So thank you.

JUSTIN WALKER: Yes, absolutely. Thank you, chef. Good evening, everyone. So we're going to work on our chicken fabrication today. Basically, we're going to break it down from a whole chicken into its respective parts. And when we're doing this, it's very important that we are drying off our chicken very well and thoroughly. Like chef was talking about your board moving, if your product is wet it can be slippery. And that's definitely not what we want when we're dealing with sharp knives.

So for chicken fabrication, we have eight main pieces. We have our two breasts, two wings, two legs, and on the back, two thighs. So to start, I like to always-- one tip and thing to note is important, that when you're cutting with meat and things like that, it's very important that we don't want to cut through any bone. Our knives are hopefully going to be very sharp. And if you're cutting through bone, you won't be able to cut through it very well.

In each part of the chickens, we have different tendons. So if we go through the right spot-- I'm just going to trim off these wing tips here-- then there's very little resistance, and we can cut right through. So just finding where that wing bends there, and cutting right through the middle of it. And there's very little resistance. We're not cutting through bone.

And so for this chicken, we're going to break it down into our breast with the little drumette attached. And then our leg quarters and two wings as well. So just as I was doing before, again, looking to see where that joint bends there. And then we can find that pivot point, and just cut right through it, not cutting through any bones. And to make it easier, once the skin's broken, we can kind of break that a little bit and find the perfect spot to cut through with very little resistance.

Here on the other side, same thing. Finding where that joint moves, and we can cut through that skin to expose it a little bit, snap it open, and straight through with very little resistance. So now that the two wing tips are detached, we're going to go and turn it around.

So first we're going to take out the wishbone. And what the wishbone does-- it's not really necessary that you take it out, but it really does help to relax the rest of the bird. It makes taking off the breast a lot easier. So if you open this area up here, you can kind of see the wishbone. And you can definitely feel it, if you have one at home with you. And you can definitely feel it right there.

So what we're going to do is we're going to take our knife-- try and do this so you can see in the camera-- and we're just going to trace where that wishbone is, on either side, making sure everything's out of the way. And then once you've got it opened a little bit, then you can get in there with your fingers and just feel it out. Open it up a little bit further, just so that we can get good access to that wishbone. And the trick is trying to get it out in one piece.

So just tracing on either side. And then you can try and snap it out from the bottom. It's connected in three places, both at the base here, and then it comes together at one point. I'm just going to work my knife in there a little bit more, expose that wishbone, and hopefully-- I think I might have snapped this one, but it's all right as long as we get it all out. And there's that one part. Come on.

And when you're doing this, it's very important, especially around the breast meat, that you're making very shallow cuts. We don't want to cut into the meat of the breast too much. Broken it a little bit there again. But there we go. So I was able to get the top part of the wishbone out. And just to kind of demonstrate, with this one here it's very rigid and stern. But when we take out that wishbone, the breast kind of just relaxes a little bit, and makes it easier to take the breast off.

So that our bird is a little bit more stable on our cutting board, I'm not going to take the leg quarters off yet, but I am going to open them up a little bit. And we do want to make sure that we're pulling our skin taut, because we want all of the skin over the breast. So again, real shallow cuts just to separate that skin. And then we can kind of pop those joints out. And what that's going to do is really we've got a much more stable surface here for our chicken. It's a lot more centered and grounded on the cutting board. And it's not going to move around as much. It's not wobbly. It's got a nice base and platform.

And now we're going to go ahead and work on taking off the two breast pieces. And as you can see, I've left these two drumettes attached. So this is what we call an airline chicken breast. So our chicken anatomy-- we have a breast bone that goes down the middle, and we're going to basically cut on either side. But first, we're going to make a straight incision down the skin of the bird so that we can separate both breasts.

So I like to pull the skin taut there. And then you can see this line right here. We're going to make a very shallow cut. We just want to cut through that skin, and expose some of the flesh. And if you are pulling it taut, then as you cut through it, it'll kind of separate. And we're going to cut that all the way up to our neck area.

So now we have the skin detached, or split down the middle. And I'm going to cut on either side of this breastbone to release both of the breasts. When we're fabricating our chicken in different spots, you want to handle your knife in different ways. When I'm cutting through the skin, very nice slow and shallow cuts. And then also when we're removing our breast, it's very important that we are doing very long, continuous cuts, so that we are not sawing away at the meat at all.

And when you're buying a whole chicken you have the benefit of getting all eight parts of the chicken. And typically, when you buy a whole chicken it's a little bit cheaper. And the flavor is just a lot better, getting the whole animal like that. So you can see, I've pulled this breast away a little bit. It's still attached with this drummette here. But I've pulled it away from the carcass, leaving very little meat on the carcass itself. It's very important that we get the best yields out of our product.

So now I'm going to detach this skin section here, and that's going to free this lobe of the breast. And then I can open it up, and find the tendon where that drummette is attached, and cut through that. And it's very important that we're pulling our skin because we want full coverage on that chicken breast. So that comes apart a little bit. And like I was saying here, when we're cutting through the meat here, we want to make sure that our cuts are very long so that you're not sawing away at the meat at all.

And now I'm just going to cut through some of this skin here, get it detached. And now we see, we have our breasts almost completely detached, just hanging on by this little piece right here. So what we're going to do, for better visibility it's best if you're cutting through the skin, just so you can see how the different parts are working together. So I'm just going to kind of turn this around, and then come to the back.

And then we've just got that one tendon right there that we're going to cut through. And then we have our full chicken breast, skin on, drummette attached. That's an airline chicken breast. And then we have our tender here, that we're going to leave attached as well.

And now for the other side of the breast. So now we still have that breastbone that goes down the middle here. And we're going to make sure that that skin is fully covering our breast so that we have a piece of skin in every bite. And we're just going to cut on the other side of that breastbone there. Trying to take out the tip of our knife, and kind of really hug the bone. We do want to be basically shaving all the meat off of the bone, and making sure that it comes with the breast.

And again, those shallow cuts. And we will, again, cut through that skin area there, just to detach the bottom part of the breast. And then again, that is almost all the way through. We're just going to cut through the back of that, and detach it as well. You can take that and kind of snap it. We find where that tendon is, and then cut right through it.

So again, we have both of our breast sections from either side of that breastbone, just like that. Skin on, drummette attached. And we're going to put that on our ice here. So now some excess fat. We have our carcass and the leg quarters here. So now what we're going to do-- the chicken thighs are really the best part of the chicken. And even better than that is the oyster, which is this little muscle that's on the back of the chicken right here. And that really is the cream of the crop of the chicken thighs. So it's very important that we're getting that out when we're fabricating our chicken.

I'm just going to take some of this excess fat off, and get it out of the way. We kind of started this process, but we really want to snap those thighs backwards. And that's going to expose that bone here. And that's going to show us where to cut. So basically, we've got these bones popped out of their sockets. And then we want to get that entire lobe of the chicken thigh, with that oyster attached on it, from the back.

So basically, I'm going to cut through this skin here to detach each side of the chicken thigh. Small incision there, opening that up even more. And you can see where the oyster is. It's the muscle that controls the leg movements. So the flavor is very concentrated. But you can see when you move the legs of the bird, it's going to be that little pocket right in there.

So if you open that up, cutting through the skin first to expose it-- and then once you open it up enough, you can actually get the tip of your finger in there. And it's up against a bone, so you just want to get your finger in there and detach the meat from the bone. I'm going to cut away with my knife a little bit. And then you can actually-- this bone right here is actually like a little cup, so you can get your finger in there and make sure you're scraping that entire oyster off of that bone right there.

And as you can see, we have that oyster meat there. There's the bone that we're taking it away from. And then we're going to use that, and follow our line down here cutting through that skin. And then we just want to make sure that we get that oyster out. And then we can continue working on detaching that leg quarter. And you really just want to cut.

It's already popped out of socket, so like I was saying before, you don't want to be cutting through any bone. But we just want to follow that along, down the back of the bird, and that's going to get that entire thigh and leg portion. And if we want to break this down even further without completely deboning it, I'm just going to detach the leg and the thigh here.

So just like with the wings, we're going to see where that joint is, see where that pivot point is in the bones. And so that we're not cutting through any bones, I'm going to just make a small incision. Open that up, and then we can cut right through-- very little resistance. And then we have our thigh piece and our leg.

And just to show you one more time, we're going to go ahead and get that last leg quarter off. Opening that up to expose the oyster, just again. And we can get our finger in there and really

scrape the meat away from the bone. You want to make another little incision, just to open that up a little bit more.

And fabricating chickens is definitely something that takes a lot of practice to do and do well. It's been a while since I've fabricated one. And you do get out of practice with it. This is definitely not the cleanest bird that I've ever done, but for sake of the video, we're going to be just fine. And then here we have again our second leg quarter. And then our carcass here. And just again, I'm going to separate the leg and the thigh here. Finding where that bone pivots, and cutting straight through, we can open it up a little bit. And very little resistance cutting through the skin, cutting through that bone. And we have our second leg and second thigh.

So here basically we can show you, we have all eight parts of our chicken. We have two thighs, two legs, our two breasts with the drum attached, and our two wings here. And our carcass that we can use for stock. So that's our chicken fabrication.

ANDREA JIMENEZ: All right, thank you.

JUSTIN WALKER: Yes.

ANDREA JIMENEZ: Thank you so much for watching. Please be sure to join us for the next installment of this series, which will be April 23. We'll talk more about how to cut a chicken, and how to make stock. So thank you very much.

JUSTIN WALKER: Yes, absolutely.

[MUSIC PLAYING]