

Kitchen Korner

Sharpen Your Knife Knowledge

(NAPSA)—If you want to stay on the cutting edge in the kitchen, it may be a good idea to hone your knowledge of knives.

Chefs consider knives to be the most important pieces of equipment in the kitchen. However, there are many points that people don't know about these utensils. For example, many people think a really sharp knife is extremely dangerous. Actually, a dull knife is much more dangerous.

Knife Safety Tips

Consider these other tips from NextDayGourmet.com:

- Keep your knives sharp. If your knife is sharp, it will slide easily through what you are cutting.

- Use the right knife for the job: paring knife for paring, a chef's knife for chopping, etc.

- Always use a cutting board and keep it firmly in place by placing a damp towel or paper towel underneath.

- If you are finely chopping something on your cutting board, tuck your fingers under to keep them out of the way of the blade.

- Do not keep sharp knives loose in a drawer. The knife is more likely to get damaged in a drawer and ruin the good, sharp edge. Reaching into a drawer of sharp knives is never a good idea.

- Never put a sharp knife in a sink of soapy water. Instead, wash your knives separately and always air dry them. Always hold knives by the handle, never the blade.

- If you drop your knife or your knife is falling, never try to catch it. Step back when you feel your knife falling so as to avoid a foot injury.

Purchasing Quality Knives

High-quality knives may cost you a bit more but will last upwards of 20 years, whereas a cheap knife will likely need to be



According to the chefs at NextDayGourmet.com, these knives are essential for every kitchen.

replaced within a year. Remember the following when purchasing knives for your kitchen:

- A forged, high-carbon stainless steel blade is the best.

- A good quality knife will have rivets.

- A knife should be heavy, but balanced in your hand. Top-quality knives feel good in your hand.

- The knife should feel solid and easy to handle—balance does not mean the blade and handle weigh the same. It means your knife feels comfortable and it will become an extension of your hand.

- The handle of your knife should be a non-porous material, such as plastic or thermo-resin. Wood will absorb anything it touches, which can be very unsanitary. Wood-handled knives have been banned from commercial use.

Quality knives are always worth the investment. With proper care, they'll stay sharp for years.

For more tips and information on knives visit www.NextDayGourmet.com.