

Cooking Corner

Tips To Help You

No Matter How You Slice It, The Right Knife Matters

(NAPSA)—When it comes to saving time, money and effort in the kitchen, using just any old knife won't cut it.

Not only are kitchen knives appropriate to specific jobs but better knives do a better job. For example, a quality peeler peels vegetables and fruits closely, discarding fewer edible parts with skin, therefore saving money. A good parer easily removes fat from uncooked meats for healthier meals. Carving and presentation are easier with a good carving knife.

Choosing the right knife can be easier with some tips from the experts at Chicago Cutlery. To start with, there are three things you should look for in a knife:

1. **Strength.** Knives with full tang, meaning the metal extends from tip of the blade to handle, and blades in high carbon stainless steel, are stronger and resist stains and rust.

2. **Sharpness.** Knives must be sharp to do a good job and a sharp knife is actually a safer knife to use. A taper grind edge is a good feature to have for extreme sharpness, precise cutting and easy resharpening. This feature is found in the Chicago Cutlery 75th Anniversary Landmark Edition. Knives in this commemorative collection also have forged bolsters to increase safety and weight. The metal tang, extending the length of the knife, offers increased strength, balance and control.

3. **Ease of handling.** Heavy and balanced knives, with poly handles and a bolster to keep fingers away from the blade, combine increased



The right knife can help you get the most out of your ingredients.

grip, comfort and safety with style.

Safety Tips when using knives:

- Keep knives sharp for easy cutting.
 - When chopping, tuck fingers under, away from the blade.
 - Always use a cutting board.
- Use a damp towel/paper towel underneath to hold it in place.
- Use the right knife for the job.
 - Never try to catch a falling knife.
 - Do not use knives as tools.
 - Do not keep knives loose in drawers, to prevent blade damage and hand cuts when reaching in.

With these safety tips in mind, try this delicious recipe for the Best Pot Roast Ever.

Best Pot Roast Ever

Marinade:

- 3 cups beef broth
- 2 cups red wine
- 10 whole cloves
- 3 cloves garlic
- 1 tablespoon black peppercorns

- 3 medium tomatoes, skinned, diced

Meat:

- 1 3½ lb. boneless beef chuck roast
- ½ teaspoon each salt, pepper
- 1½ teaspoons thyme
- ½ cup all-purpose flour
- 2 tablespoons olive oil
- 3 onions, finely chopped
- 1 lb. carrots, halved, quartered
- ½ lb. celery, thinly sliced
- 2 thin leeks, cut in pieces
- 2 tablespoons cornstarch
- 1 bunch fresh parsley, finely chopped

Combine marinade ingredients in dish. Add beef, coat, cover. Refrigerate overnight, turning beef several times.

Remove roast, sprinkle with salt, pepper, thyme. Roll in flour. Reserve marinade. Heat oven to 350° F. Heat oil in large Dutch oven on high heat. Add roast, cook, turning often.

Discard cloves, add marinade, vegetables. Add more broth if liquid does not cover ingredients. Bring to simmer, cover, bake 2½ hours on bottom rack. Check often to add broth if needed. Uncover, bake 1½ hours. Baste often. Remove roast, vegetables, keep liquid.

For sauce, heat liquid in Dutch oven over high heat. Stir in water, cornstarch, parsley. Bring to boil, reduce heat, cook two minutes, stirring constantly.

Serves 8