

Basic Knife Cuts

Food Skills
for Families



BC Centre for Disease Control
Provincial Health Services Authority

Whatever knife cut is used in the recipe, ingredients should be cut to a similar size to cook evenly. Cut sizes are suggested below.



Julienne
 $1/8 \times 1/8 \times 2''$



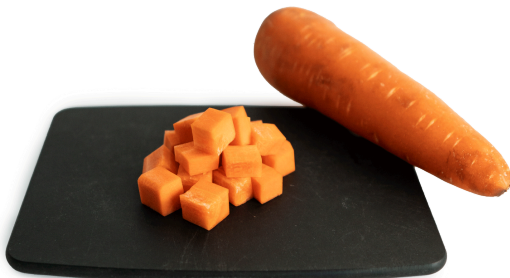
Thick Sticks
 $1/4 \times 1/4 \times 2''$



Mince
 $1/8 \times 1/8 \times 1/8''$



Dice
 $1/4 \times 1/4 \times 1/4''$



Cube
 $3/8 \times 3/8 \times 3/8''$



Chop
 $3/4 \times 3/4 \times 3/4''$



Slice
 $1/2 \times 1/2 \times 1/4''$



Chiffonade
 $1/4''$