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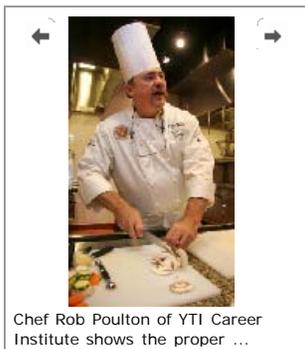


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## Make the cut: Culinary experts offer tips on how to wield a knife

Intelligencer Journal  
Lancaster New Era  
Sep 20, 2011 16:56



Chef Rob Poulton of YTI Career Institute shows the proper ...

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By CLAUDIA W. ESBENSHADE  
Staff Writer

Respect the knife and it will respect you. At least that's what chef Rob Poulton of YTI Career Institute says.

Learning just what to do with which knife is one of the most important culinary lessons, according to chef Meghan Young of Character's Pub in Lancaster. This includes everything from usage to safety to storage.

Young is so attached to her knives she has named them after the players of her favorite sport, baseball. Her paring knife is named Lenny Dykstra and her chef's knife is Dustin, after Red Sox player Dustin Pedroia.

"He's an all-around good player and it's an all-around good knife," Young said. "If I am missing that knife in the kitchen, all I have to say is 'Where is Dustin?'"

But knives aren't to be taken lightly.

"The most common mistakes made with kitchen knives are cutting yourself and using the wrong knife for the wrong task," Poulton said.

"If you aren't getting the most out of your knife, you are cheating yourself in prep time and presentation," Poulton said.

There are several knives that should be in every kitchen drawer. Yes, drawer. Those butcher blocks just harbor germs and knives should be stored safely in a drawer, according to Poulton.

"You should be able to reach in with your eyes closed and safely pick out a knife," Poulton said. "Don't just throw them in that drawer with everything else. Have a space for each of them."

However, Young recommends hand washing the knives and being sure they are dry and storing them in a butcher block. Young said one of the best storage techniques is the a magnetic strip on the wall to which the knives can stick. However, she readily admits it's not the safest for those with children.

Although there are many knives on the market, there are some basic knives that should be in every kitchen, used for specific tasks. These include:

• **Paring knife:** This is the smallest of the knives, but is the most necessary. But just because it's small does not mean it's harmless.

"Because it is so light and small, it's easy to get overzealous with it and lose control," Poulton said.

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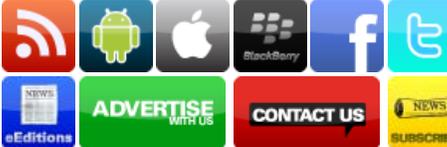


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