

### ***Slicing***

- Start with the knife at a sharp angle and with the tip of the knife on the cutting board.
- Move the knife forward and down to slice through the product.
- Finish the cut with the knife against the cutting board. For the second slice, raise the knife and pull backward. The tip of the knife should always be on the cutting board.

### ***Dicing***

- Cut the product into even slices of the desired thickness.
- Stack the slices and slice across the stack in even pieces.
- Stack the slices again and slice again.
- Chopping with a Chef's Knife
- Start by holding the tip of the knife against the cutting board with the guiding hand.
- Rock the knife rapidly up and down at the same time, while gradually moving the knife sideways across the product on the cutting board. The cuts should pass through all parts of the product.
- After several cuts, redistribute the product and start again.
- Continue until all the product is chopped to the desired fineness.

Knives are necessary tool to be used safely! To learn safety tips and techniques, watch :

#### **Safe Knife Handling Practices**

Training Video at [RO.com](http://RO.com). See your manager for details.



# Kitchen Training Manual

**Xiang Xie**



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## **Table of Contents Kitchen Training Manual**

1. Understanding the eBook Kitchen Training Manual
  - The Rise of Digital Reading Kitchen Training Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Kitchen Training Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Kitchen Training Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Kitchen Training Manual
  - Personalized Recommendations
  - Kitchen Training Manual User Reviews and Ratings
  - Kitchen Training Manual and Bestseller Lists

5. Accessing Kitchen Training Manual Free and Paid eBooks
  - Kitchen Training Manual Public Domain eBooks
  - Kitchen Training Manual eBook Subscription Services
  - Kitchen Training Manual Budget-Friendly Options
6. Navigating Kitchen Training Manual eBook Formats
  - ePub, PDF, MOBI, and More
  - Kitchen Training Manual Compatibility with Devices
  - Kitchen Training Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Kitchen Training Manual
  - Highlighting and Note-Taking Kitchen Training Manual
  - Interactive Elements Kitchen Training Manual
8. Staying Engaged with Kitchen Training Manual
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Kitchen Training Manual
9. Balancing eBooks and Physical Books Kitchen Training Manual
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Kitchen Training Manual
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Kitchen Training Manual
  - Setting Reading Goals Kitchen Training Manual
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Kitchen Training Manual
  - Fact-Checking eBook Content of Kitchen Training Manual
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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