



Knife Skills

Keep Your Knife Sharp!

Tips and strategies for training your culinary team

Chef Aaron Gregory / Josh Hill

Have a good first day!

The importance of new hire orientation

- Paychex Survey found 52% of people found new employees feel undertrained and confused after new employee orientation and training.
- That number jumps to 66% for employees at small companies and 63% for remote employees.
- 50 % of new hires plan to leave their job soon. That number skyrockets to 80% when those employees feel they have had a poor onboarding experience.

Onboarding: Prepare them for the role!

As a manager, you have the most in-depth knowledge of the job requirements of a new hire and the dynamics of the team they're joining. To set your new employee up for success, you need to make sure they have the necessary tools and information from the get-go.

Make an onboarding check list

- Meet the team and showcase the company culture
- Explain duties and responsibilities
- Provide all resources and printed materials including email address and all IT permissions

Proper new employee on-boarding check list should include:

- A detailed job description
- Establish performance metrics and expectations
- Plan a progressive training schedule
- Monitor on a scheduled and routine basis
- Help integrate the new employee into the team
- Pair new hires with seasoned “positive” employees
- Repeat on-boarding when necessary
- Reevaluate, adjust and grow where necessary.
- Promote employee buy in

Run a preboarding plan

- The preboarding plan starts BEFORE the new employee steps foot in the building.
- New employee onboarding should be a team effort!

Introduce an orientation week

- Taking a week to show your new employee around can help them feel more confident and excited about their new role. Now is the time to present any employee handbooks hand out uniforms, etc.



SGC New Hire Orientation Schedule

Monday

Time	Event	Trainer	Title/Position
9:00 AM	Welcome/SGC Culture	Jeff Tynes, Jeff Shaw, Shawn Stockton	President & CEO, Regional Sales Directors
9:30 AM	Beyond The Transaction	Brad Green/Michael Browning	Customer Resource Manager
10:00 AM	Powersell	Brad Green/Michael Browning	Customer Resource Manager
11:45 AM	Lunch		
1:15 PM	Hispanic Support	Wendy Gonzalez	Support Specialist
1:45 PM	Convenience Stores	Jon Siron	Support Specialist
2:00 PM	Powersell	Brad Green/Michael Browning	Customer Resource Manager

Tuesday

Time	Event	Trainer	Title/Position
9:00 AM	Marketing/Menu Request	Stephanie Weiss, Crozbi Gannon	Marketing
9:30 AM	MySGC	Anna Roulett	Project Development
11:45 AM	Lunch		
1:15 PM	Business Analysis	Katrina Hayes	Business Analyst
1:30 PM	School Business	Julie Vaughan/Melanie Cantrell or Heath	Education Specialists
2:00 PM	Break		
2:15 PM	Warehouse	Brock Cook	Dir. Of Warehousing/ Warehouse Personnel Manager
3:15 PM	Transportation & Routing	David Fessenden	Director of Transportation

Wednesday

Time	Event	Trainer	Title/Position
8:30 AM	Produce	Mike Karr	Produce Manager
10:00 AM	COP	Mark Hogan	Director of Center of Plate Category
11:00 AM	Break		
11:15 AM	Purchasing	Jack Blackwell	Director of Purchasing
11:45 AM	Lunch		
1:00 PM	Chemical	Ron Dunaway	Chemical Specialist
1:30 PM	Janitorial/Non-Foods	Bruce Hahn	Non-Foods Category Manager
2:00 PM	Customer Service/National A	Steve Dobbs	Director of National Accounts/Customer Service
3:00 PM	Break		

Foodservice: A diverse group

- The foodservice industry employs a significant number of young workers.
- 40% under the age of 25
- 60% under the age of 35
- The majority of these workers are food prep (65%) and waitstaff (50%)
- Largest % of managerial and chef roles are performed by those 55 and older.

Generations Coverage!

- **Baby Boomers (61-79)** Traditional classroom setting, teacher-focused
- **Generation X (45-60)** Independent learning, problem solving.
- **Millennials (29-44)** Internet-savvy, online learning, collaborative
- **Generation Z (13-28)** Digital Natives, social learners, online communities, and continuous learning.

Mama said “Don’t Touch the Stove!”

Listening learners

heard & believed mom | never touched a stove

Seeing learners

watched a sibling touch it | never touched a stove

Experience learners

wondered | touched the stove | but only once



Additional tips and tactics:

- Provide a mentor for training
- Show some enthusiasm
- Don't overwhelm them on the first day
- Taylor your onboarding for each employee. Dietary onboarding should look different than onboarding for nursing.
- Get the rest of the team involved

Available Resources

- MANHA – trade organizations
- In house resources – who on our team is a good trainer?
- ANFP
- Serve Safe – Always Food Safe
- FREE CEUS – lots of options on-line
- Vendor Resources
- SGC resources

Agenda

- Knife Skills Introduction Chef Aaron Gregory CCC
- Why did we need a Sharp Knife and Safety Tips
- Knife Sharpening
- Types of Knives and function
- Knife Cuts
- The Mighty Claw
- Demo

Be Careful with Kitchen Knives

Every year, about thousands of people end up in emergency rooms with injuries they receive by using kitchen knives. But with a few cutting-edge tips, you can stay away from the biggest danger of kitchen work.

If you drop a knife let it fall to the floor.



Tips for Safely using a knife

- **Keep knives sharp:** Sharp knives are safer and more effective than dull ones. Sharpen your knives regularly using a honing steel to realign the blade and restore the edge.
- **Cut away from you:** Always make sure the knife edge is facing and moving away from you
- **Use a stable cutting board:** Secure your cutting board with a damp paper towel or non-slip mat
- **Store knives safely:** Keep knives in a safe and secure place, out of reach of children or anyone who is not trained to handle it

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- **Store knives safely:** Keep knives in a safe and secure place, out of reach of children or anyone who is not trained to handle it.
 - **Wear protective equipment:** Wear a cutting glove or stainless-steel mesh gloves.
 - **Use the right knife:** Use a knife suitable for the task and for the food you are cutting
 - **Carry the knife safely:** Carry the knife pointed down, or in a casing.

Sharpening on a Whetstone

1. **Prepare the whetstone:** Submerge the whetstone in water until it stops bubbling, which can take 10–15 minutes.
2. **Set up your work area:** Put a dry towel down to catch water and another dry towel to keep your hands and the handle dry.
3. **Find the angle:** Use a coin to ensure the knife is at a good angle to the stone.
4. **Sharpen the knife:** Starting at the heel of the knife, drag it down the whetstone from tip to end, keeping an even pressure and a 20-degree angle. Repeat on the other side.
5. **Polish the edge:** Use the finer side of the whetstone to remove any burrs and polish the edge

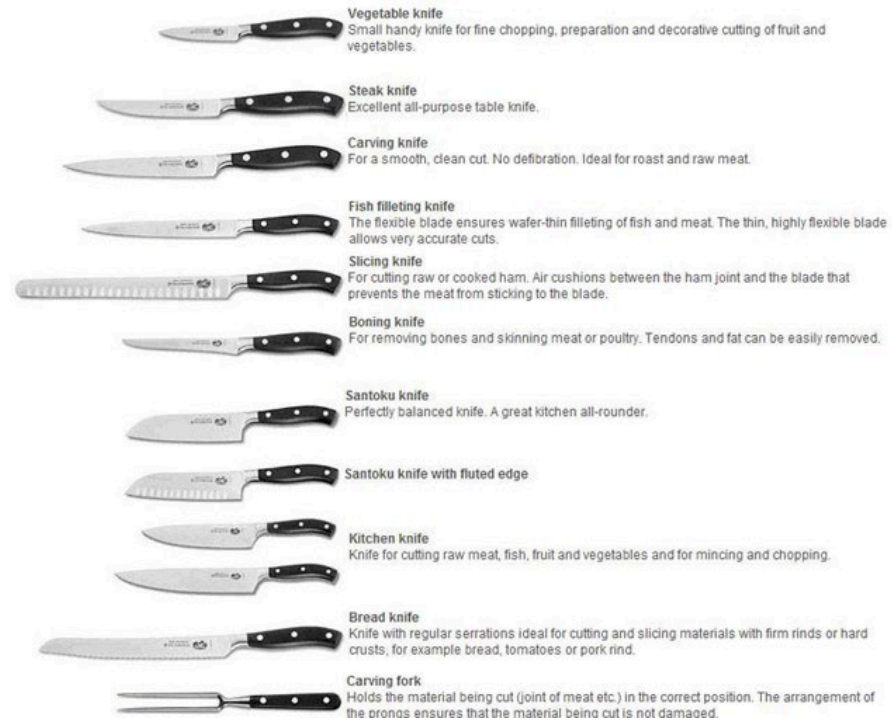




Using a Steel

- Steeling is an effective way to help maintain your knife's edge between sharpening. Eventually though your knife will become dull and need to be sharpened. Position the steel vertically over a cutting board, kitchen towel or other suitable surface.

KITCHEN KNIVES AND THEIR FUNCTIONS



Types of Kitchen

The Differences Between a Forged and Stamped Knife

Forged Knife



Stamped Knife





A forged chef knife is a knife made from a single piece of steel that is heated and hammered into shape. Forged knives are often stronger, heavier, and more durable than stamped knives, which are made by cutting a blade from a large sheet of steel. Forged knives are also more expensive than stamped knives

- A stamped knife is a knife whose blade has been cut or “stamped” from a large sheet of metal—much like using a cookie cutter to make shapes out of dough—rather than being hammered from a rod of steel

Fully Forged Knife Advantage's

- **Strength and durability**

- Forged knives are made from a single piece of steel that's been heat-treated, hammered, and pounded, which makes them stronger and less likely to break. This makes them ideal for cutting through tough materials and dense ingredient

- **Sharpness**

- Forged knives are harder than other knives, so they can stay sharp for longer and require less frequent sharpening.

- **Balance and stability**

- The full tang and bolster of a forged knife help balance the weight of the knife, making it easier to grip and handle. This also reduces the risk of cutting your hand on the blade.

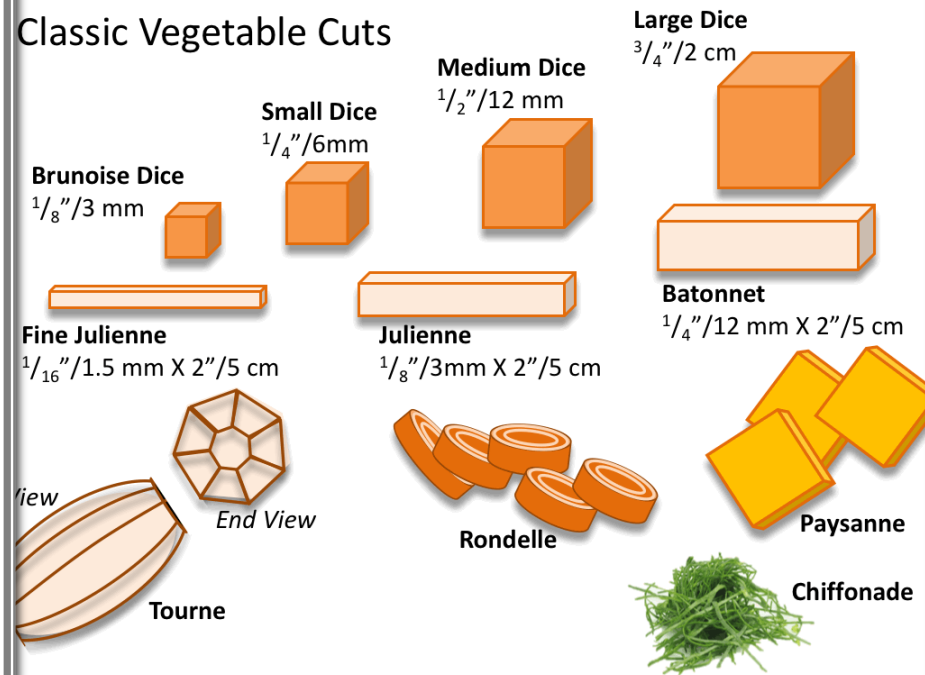
- **Versatility**

- Forged knives are suitable for a wide range of cutting tasks, making them a good choice for both professional chefs and home cooks



Classic Vegetable Cuts

Classic Vegetable Cuts





Standard Knife Cuts

Proper Knife Techniques



Knife Handling



The Claw Technique



- The safest position for your helping hand is for the fingers to be curled in a claw with the tips pressing down on the ingredient to keep it from slipping. The hand should then move in even steps as you slice. Create a claw, grip the food & tip the hand, then cut.



Trim the Ends: Cut off both ends of the vegetable. This creates a flat surface and makes the vegetable more stable. Create Planks: Slice the vegetable into even planks or rounds, depending on its shape. For example, if you're dicing a carrot, cut it into thin rounds.



Knife Cutting Demo Time

