

Mise en Place: **Basic Cutting “Knife Skills”**

Mise en Place ; the habit of getting everything ready before you actually begin cooking. It is **Pre-preparation** for the task you are assigned to do.

Pre- Preparation:

1. Assemble your tools; Bus pan filled with

- French knife, paring knife, peeler, steel
- Cutting board, cloth,
- Scale, bowl or insert or saran wrap to place on the scale for measuring food
- Inserts- 1 for compost (garbage), 1 for trim (can use for another use, 1 for desired food you are asked to cut.

2. Assemble your ingredients- Bus pan filled with

- **Washed vegetables**
- **Meat- in container**



Preparation for Cutting Vegetables

- **Place cloth under cutting board**
- **Arrange tools**
- **Prepare, Cut and measure**

