



Long slicing knife

Bread knife

Chef's Knife

Pairing Knife

Single Knife



Knife set

## Choose the right Knives

Have you ever wondered how chefs seem to chop with such finesse and ease? Well, it all starts with using the right knife for the food; a good knife is the most essential tool in the kitchen.

Often, a quality set of knives (if properly maintained) will last a lifetime, and it is well worth the money spent. To begin with, find a store where you can check out the knives before you purchase them. It doesn't matter how good the knives are, if it doesn't feel comfortable in your hand than it is not for you.

Hold the knife in your dominant hand and experience how it feels when you use it. Ask yourself: does the handle and bolster of the knife provide you with a secure grip? An ergonomically-designed handle and good weight will allow you to enjoy safe and tireless use.

### Set or single knife?

Buying a set of knives is usually far more cost-effective, but you can always purchase a single knife and add more pieces to suit your needs. A single knife, however, will be very difficult to use for every task, so we recommend that you start off with a set of four basic knives.

### Which knives should I buy first?

1 Start off with a 20cm forged chef's knife as it does all the everyday jobs that are required

in the kitchen; mincing herbs, chopping, peeling, dicing, slicing and drawing.

2 A small and handy paring knife about 10cm in length is the ideal knife for peeling fruit and vegetables.

3 The bread knife with a serrated blade is the next essential as it can slice hard crust French baguette or even a ripe tomato with ease.

4 A slicing knife with a longer and narrower blade than the chef's knife is important and can be used regularly to slice meat such as roasts and other large cuts of meat.

### Forged or stamped?

A stamped knife is cut from a single sheet of metal. It is lightweight and does not have a good balance. It is usually the same thickness from edge to back.

Forging is the process of heating up the steel and grinding it into the shape of a blade. Forged knives are generally heavier than stamped knives, giving the knife a better balance and making the knives more maneuverable. The metal is stronger and can last many years and often requires less sharpening. The forged knives are also safer to use due to the solid bolster and secured, durable handles.

### Japanese or western knives?

Many professional chefs use Japanese knives for their ability to hold an edge longer and slice fine cuts with excellence. However, the

Japanese knives require more maintenance and take longer to be sharpened as the blades are very sensitive.

Western knives are easier to maintain and great for chopping. They are robust and can stand rough handling. Although not recommended, they are usually dishwasher safe.

### Maintaining your knives

Care always pays off. Remember that even good knives are not 100% rustproof, therefore you must be careful to rinse off acidic substances like lemon, mustard or vegetable juice from the blade immediately after use. Gentle hand washing is best, and dry the knife well before storing it in a safe place.

### Safety first

Blunt knives are more dangerous than sharp knives. Always keep your knives sharp! Your knives should be honed after each half-hour of use and should be sharpened professionally at least once or twice a year.

The Zwilling J. A. Henckels store at The Dubai Mall is a professional knife sharpening outlet. For more information call the store on 04 434 0725.

- Information courtesy of Zwilling J. A. Henckels

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