

KNIFE SKILLS

For People Who Cook

(or those who want to)

RADA
CUTLERY

A Guide to Choosing, Using & Caring for Your Knives

KNIFE SKILLS FOR PEOPLE WHO COOK

(or those who want to)

Good knives are the backbone of every kitchen, at-home cook, and restaurant chef! But owning the knives is just the beginning. Using them correctly and efficiently is a crucial part to any cook's success.

Learn how to choose knives, how to take care of those knives, and the importance of using them correctly and carefully to avoid an unfortunate injury.

You won't find stuffy procedures or professional cooking school jargon here. Instead you'll find down-to-earth tips and practical information that will help all of us become just a little more knowledgeable *(and maybe show off a little after learning a new skill)*.

REMEMBER THIS: *Quality doesn't have to cost a fortune! You can get great knives without forking out a lot of money.*

BASIC KNIFE SKILLS: The First Step to Great Food

Learn to hold a knife correctly and you'll cut more confidently.

If tasks like cutting and dicing take forever, then prep work seems exhausting. When you become comfortable with the basics, you're more efficient, and prepping seems almost effortless.

Good knife skills can also mean the difference between mediocre and excellent food. If your food is cut into evenly sized pieces, it will cook evenly. Simple as that.

The Grip



Correct grip

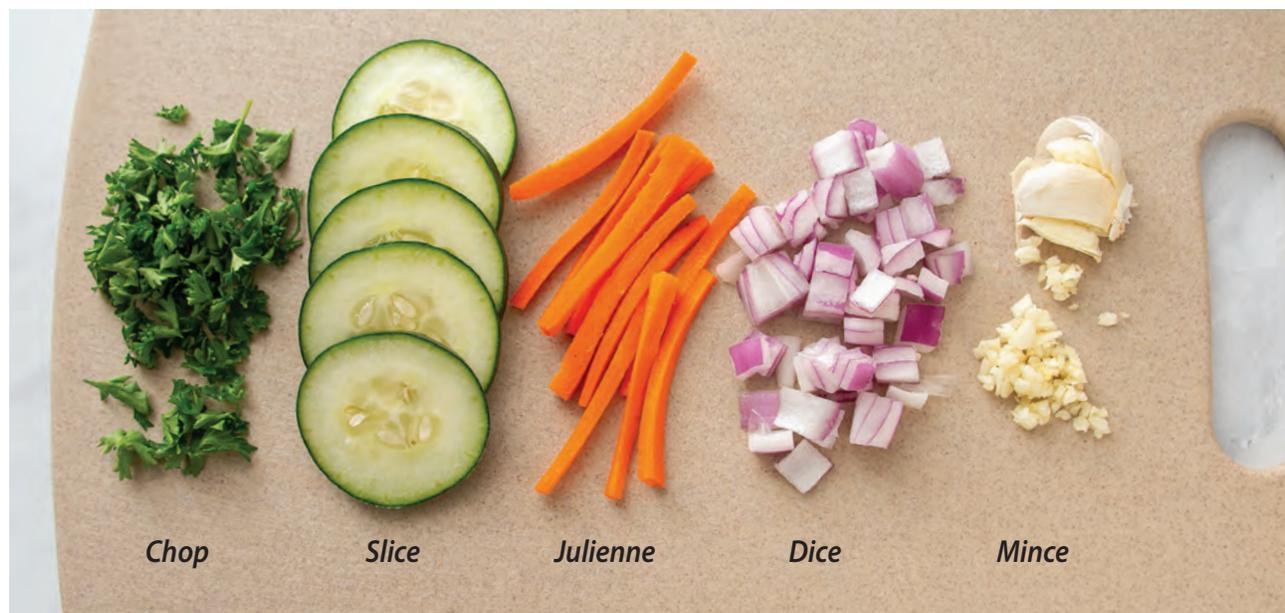


"Bear Claw"

While it may feel natural to wrap your entire hand around the handle of a knife while you cut, the preferred method is to "choke up" on the handle, gripping it with the last three fingers and holding the blade just above the handle with the thumb and forefinger. Don't use a death grip on the knife handle; relax and let the blade do the work. While it might seem awkward at first, it is the most efficient way to use the weight of the knife, the sharpness of the blade, and the strength of your arm for easier cutting.

What to do with your other hand? The safest place is beside the knife blade, holding the food. The ideal position for the fingers of your “helping” hand is curled under your knuckles with your fingertips helping prevent the food from moving. In this position, called the “bear claw,” the knife blade may rub lightly against your knuckles, but your fingertips remain safely out of the way.

Basic Knife Cuts



Examples of basic cuts

Ready? Let’s cut! A chef’s knife or cook’s knife is ideal for most of your kitchen cutting tasks; take advantage of its curved blade to create an efficient back-and-forth rocking motion when cutting.

Chop

This is probably the most basic skill. It’s used when food doesn’t have to be cut into even pieces (*such as with herbs*). Hold herbs in a bunch and trim off and discard any thick stems. Grab all the leaves together and cut through them several times. Gather them up, turn the pile and chop in the opposite direction.

Slice

To slice any fruit or vegetable, simply line your knife up perpendicular to the food and cut down. Continue the length of the food. Creating uniform sized slices assures they cook at the same rate, or that they look nice if you’re serving the food raw.

Julienne

To julienne (*cut food into thin, matchstick strips*), first create a flat, stable base by cutting and removing a thin slice from a rounded edge. Place cut side down and cut the food into $\frac{1}{8}$ ”-thick lengthwise slices. Stack the slices, then cut slices into $\frac{1}{8}$ ”-thick lengthwise strips. Cut strips to desired length.

Dice

To cut food into tiny cubes, $\frac{1}{8}$ " to $\frac{1}{4}$ " thick, create a flat, stable base by cutting a thin slice from a rounded edge; place the food cut side down and cut in half, from the top down. (*For onions, remove the paper outer layer and the first leathery layer.*) Place cut side down and put the palm of one hand on top of the food, keeping hand and fingers out of the way of the blade. With the other hand, very carefully bring the knife blade through the food horizontally – without quite cutting all the way through – as many times as necessary to achieve the desired width. Now cut vertical slices the same width. Finally, cut vertically in the opposite direction.

Mince

To cut food into tiny pieces, even smaller than the dice mentioned above. This is often done for aromatic ingredients like garlic or fresh ginger. For a garlic clove, set the garlic on a cutting board, place the broad side of large knife blade over it, and smash down with your fist or palm. Remove the papery skin and roughly chop the garlic. Uniformity isn't important here; just make sure all the pieces are very tiny. For fresh ginger, use a spoon to scrape away the rough skin; julienne, then chop into tiny pieces. The finer the mince, the more flavorful.

Don't worry if your cutting isn't perfect – just keep working at it and you'll be amazed at how fast you'll improve.

Be Safe in Your Kitchen

Why do knife skills matter? First and foremost is safety.

Keep yourself safe by following these tips.

- 1 KEEP KNIVES SHARP.** Dull knives require more pressure to be applied in order to push through food, which can cause the food to slip. Rada's affordable Quick Edge Knife Sharpener quickly and safely sharpens knives, so no professional knife sharpening is needed.
- 2 CHOOSE THE CORRECT KNIFE.** Use a big knife for cutting a big chunk of meat and a small knife for strawberries. Are you filleting a fish? Use a knife with a flexible blade. In general, serrated edges are best for slicing cuts and plain-edged blades are ideal for pushing cuts. However, everybody has their own preference, so if a knife doesn't feel right for the task at hand, choose something else.
- 3 USE THE APPROPRIATE CUTTING SURFACE.** Wood, bamboo, plastic, or composite cutting boards are the most knife-friendly. To prevent your cutting board from slipping, place a damp paper towel under it while you cut. Your thumb and the palm of your hand are not appropriate cutting surfaces!
- 4 MOVE YOUR DIGITS.** Make sure the fingers of both hands are out of the way of the blade (*for more on this, see Basic Knife Skills section*).
- 5 STAY FOCUSED.** Just as driving while distracted is dangerous, so is being distracted while using a sharp knife.
- 6 SLOW AND STEADY.** Never rush through a cutting task – that's just asking for trouble.
- 7 USE COMMON SENSE.** Do NOT lick food off a knife or attempt to catch a knife that is falling.
- 8 CARE AND PROTECT.** Wash knives by hand and then dry immediately to keep them in tip-top shape. Dull or rusty knives are not safe (*see #1*).

- 9 WASH IT BUT DON'T LEAVE IT.** Never put a knife in a sink full of soapy water. If you forget it's there or someone else puts their hands in the water, it could result in a serious situation.
- 10 STORE PROPERLY.** Tossing knives together haphazardly into a drawer can nick and scratch blades, and reaching in to grab a knife is dangerous. The best option is a knife block. Rada's Essential Oak Block provides safe storage, easy access, and blade protection in a classic design that looks great in every kitchen.
- 11 CARRY CORRECTLY.** When you carry a knife, carry it by the handle, with the blade straight down at your side.
- 12 DON'T IMPROVISE.** Never use a knife as a can opener, screwdriver, box cutter, or any other non-knife job.

The Right Knife for the Right Job

If Rada doesn't have it, you probably don't need it!

Don't get flustered by the vast number of knives available. If you're just getting started and don't know what to choose, pick a paring knife, a chef's knife, and a serrated knife – you can do a lot with those three. After you've mastered these knives, build on your collection.

Paring Knives

REGULAR PARING

The Regular Paring knife is often the most-used knife in the home because it's simply the ideal size for tons of cutting tasks. Its 3¼" blade is hand sharpened to a razor-sharp edge so it slices and pares fruits and veggies with ease. Nearly any meal prep will benefit from its presence in the kitchen.

SERRATED REGULAR PARING

This is the alternative version of our Regular Paring knife for those who prefer the saw-cutting action of a serrated blade. The super-fine serration allows the knife to quickly penetrate the outer surface of even the toughest foods, ensuring quick and precise cuts that might normally be difficult.

GRANNY PARING

This is the smallest of all our knives. Coming in at 5⅞" overall, the Granny Paring knife blade is a mere 2⅜" long, featuring a reverse-curved shape that cuts and slices either in a motion toward or away from you. This knife is particularly well suited for a degree of finesse when prepping small foods that you hold in your hand. Strawberries? Apples? Yes!



Regular and Serrated Paring Knives



Granny Paring



Peeling Paring

PEELING PARING

This knife, as the name implies, is specially designed for peeling; its short blade length (2½") makes it easy to control as you remove the skin from an array of foods. Perfect for prepping garnishes and other cutting tasks that require great attention to detail.



Heavy Duty Paring

HEAVY DUTY PARING

This knife (7½" overall length, 3¼" blade) is perfectly suited for cutting foods like cucumbers and onions, while the stainless steel blade also makes quick work of trimming chicken breasts and other meats. One of the most useful tools in the kitchen!



Super Parer

SUPER PARER

This one's the largest paring knife manufactured by Rada, and it's one of the most useful kitchen tools you can own. Featuring a 4" blade (8¾" overall length), the Super Parer is the obvious choice for cutting tough veggies like beets and cabbage or for cutting a bagful of potatoes.

Steak Knives

SERRATED STEAK

This knife is a popular choice with its small, sharp, single-sided serrated edge that effortlessly cuts through all your favorites. The 7¾" overall length is a nice size, giving you a good grip.

UTILITY/STEAK

This is the steak knife for people who prefer a straight edge. The 4" blade is hand sharpened for a razor-sharp edge that cuts through virtually any food. An indispensable kitchen staple that you'll reach for again and again.



Serrated Steak & Utility/Steak Knives

Chef's Knives

CHEF'S DICER

This sharp, sturdy blade makes it easy to chop meats and veggies, and its familiar meat cleaver shape aids in all kinds of food prep – ideal for cutting chicken wings, prepping stir-fry, dicing ham, and much more. The offset handle keeps your knuckles clear of the blade for safe chopping.



Chef's Dicer

FRENCH CHEF

A serious knife for the serious cook. BUT an average cook should own it as well! Why? The large cutting surface rocks back and forth, making dicing and mincing fun and easy. Turn the knife on its side and use its large, flat surface for smashing cloves of garlic, then use that large surface to easily transfer chopped food from the cutting board to your bowl or pan. The offset handle keeps your knuckles away from the blade.



French Chef

COOK'S KNIFE

This knife's versatility allows you to gently rock it back and forth for cutting or mincing veggies and herbs, but it will also slice an ice cream cake or cut through meat. You'll find dozens of other ways to put it to use.

COOK'S UTILITY

Called utility because it can tackle so many different kitchen chores, this is a medium-sized knife that handles like a paring knife and offers the versatility of a larger one. It will gently slice fruit and cut its way through bones in meat. Great for seafood and just about anything else you can imagine.



Cook's Knife & Cook's Utility



STUBBY BUTCHER

This knife screams versatility! Big enough to cut large items, but small enough to allow maximum control, this knife is a great all-purpose tool for your kitchen. Cutting ribs, slicing a pineapple, cutting cakes and pies – it does it all.

“OLD FASHIONED” BUTCHER

Some things never go out of style, and this knife is proof! You won't find a better knife for cutting, splitting, and stripping raw meat. This large butcher knife features a hefty blade that is hand sharpened for a razor-sharp edge, making it ideal for use on large fruits and veggies too.

Carving & Slicing

SLICER

The Slicer is one of the three original knives produced by Rada – going strong for over 70 years! From slicing prime rib to cutting up cabbage, this high-quality knife is a must-have for every kitchen.

SERRATED SLICER

The wide, sharp edge is designed to handle tough foods. One of the best slicers you can buy for cutting large heads of lettuce or easily cutting through the thick outer skin of cantaloupe and honeydew melons. The knife's large serrations really grip, so it won't slip while you're cutting.

CARVER/BONER

The perfect tool for carving bone-in meat at the dinner table. The stainless steel blade flexes, allowing you to quickly clean meat around bones. Great for use on whole poultry, beef roasts, and more.

HAM SLICER

With the longest blade available at Rada, this knife easily makes long, straight slices through larger meats like whole hams, loins, and prime ribs. This versatile blade also comes in handy with large foods like watermelon.

CARVING FORK

The sharp, piercing tips easily push through any meat's surface, while the long tines are perfect for holding and lifting carved meats. High quality, super durable. This fork is a real winner.

Bread & Specialty Knives



6" AND 10" BREAD KNIVES

Two different blade lengths allow you to choose the best knife for the task at hand. The sharp serrated blades cut through any kind of bread, from soft homemade loaves and buns to round ciabatta and hefty French bread loaves, without crumbling or squishing. Great for angel food cake and pound cake too.

CHEESE KNIFE

The Rada Cheese Knife is a unique and innovative tool that easily cuts through and helps serve all kinds of cheese – both soft and hard. The ridge gently separates the slices, while the forked end pierces and holds them for convenient serving. This knife is great for cutting sausage too, making your next cheese and meat tray a cinch to pull together.

BAGEL KNIFE

An indispensable tool, the blade length makes it easy to wield. Its wide, double-sided serrated edge is perfectly suited for cutting through muffins and cakes as well as those thick, crusty bagels.

PARTY SPREADER

The sturdy, non-flexing face of this spreader is perfect for cheeseballs, dips, jams, frostings, or anything else you might spread onto another food. The blade features small serrations so you can cut through harder spreads easily.

SUPER SPREADER

This is sure to become your go-to condiment knife! Its nice 9 $\frac{5}{8}$ " overall length makes it possible to reach down into mayo and peanut butter jars, and the long blade makes sandwich-making quick with one-swipe spreading.



Tomato Slicer

TOMATO SLICER

The world-famous Rada Tomato Slicer is the perfect knife for slicing tomatoes. The dual-serrated blade allows you to make a clean, straight cut every time without squashing. It's not just for tomatoes, though. Cut lemons, onions, hard-cooked eggs, and even lettuce heads. Designed with frequent use in mind, this slicer will stay sharp for years.



Grapefruit Knife

GRAPEFRUIT KNIFE

The unique design of this knife makes it a must-have tool for every citrus-loving home. It features a serrated top and bottom edge, letting you cut in either direction. The angled tip and the blade's small teeth allow you to easily separate and remove the individual segments from the fruit. Put down that grapefruit spoon – you'll have no need for it once you give this knife a try.

Hunting & Fishing Knives

FILLET KNIFE WITH LEATHER SCABBARD

An essential tool for every fishing enthusiast! The blade flexes, creating an efficient way to cut meat from bone. The handle is made of comfortable non-slip rubber for a solid grip. Comes with a leather scabbard for safe storage and belt carry.

SPORTSMAN KNIFE WITH LEATHER SCABBARD

If you're a hunter, this is the knife for you! Slightly shorter than the Fillet Knife, the flexible blade cuts meat away from bones, making it ideal for working on fowl, small game, and pan fish. The Sportsman Knife can even be used for various butchering tasks on larger game meats like deer. The leather scabbard is designed for safety and ease in carrying.



Fillet Knife & Sportsman Knife with Leather Scabbard

Utensils too!

Rada has a huge line-up of utensils – a great way to round out a well-stocked kitchen.

Here are just a few of our customers' favorites:

VEGETABLE PEELER

This is one of our most popular and celebrated products, and for good reason! The stainless steel peeler features a surgical-quality blade for easily peeling vegetables, is equally useful on fruits, and is a favorite for making chocolate and butter curls for garnishes. The ingenious swiveling blade has a deep edge and works well for either right- or left-handed people. **Also available in a larger size: Deluxe Vegetable Peeler**



Vegetable Peeler & Deluxe Vegetable Peeler

PIZZA CUTTER

Whether you're serving frozen, homemade, or carry-out pizza, our stainless steel pizza cutter allows you to make clean, effortless cuts through your favorite pie every time. Use it to cut bread dough, homemade pasta, herbs, and quesadillas too!



Pizza Cutter



Plain Food Chopper & Serrated Food Chopper

PLAIN FOOD CHOPPER

This easy-to-use manual food chopper is designed to effortlessly chop a wide variety of foods like biscuit dough, celery, hard-cooked eggs, crackers, and more. The edge is sharp, the grip is sturdy and safe, and it's very lightweight, making it easy to wield. **Also available: Serrated Food Chopper**



Knife Sharpener

KNIFE SHARPENER

No need to pay for professional knife sharpening services when you're armed with Rada's Knife Sharpener. The simple design makes sharpening an easy DIY process. Simply pull a knife blade through the wheels a few times and the knife will be as sharp as when it left the factory.

Watch for our new knife series launching in August 2019!

RADA CUTLERY

Are you part of a nonprofit group or organization? Rada Cutlery Fundraising is a great money-maker. Last year over 19,000 groups chose to partner with us for their successful fundraiser!

Rada Mfg. Co. is located in Waverly, Iowa, and has been manufacturing cutlery since 1948. Our quality products have earned a remarkable reputation and are used in millions of homes every day. But don't just take our word for it:

"These knives work great! You just can't beat the quality you get for the price," said one customer. "I would highly recommend them."

"Rada Cutlery is the best I have ever had, and I know they will last forever. Very beautiful design and fits my hand very nicely," raved another customer in a 5-star review.

*When you buy and use Rada products, you support American workers. All Rada products are proudly made in the USA and have a **Lifetime GUARANTEE.***



Anthem Wave Series Knives