

Assignment # 3 Foundations



Practice mindfulness in the kitchen.

- Ground yourself in front of the cutting board. Practice good posture and place the cutting board flush to the counter edge in front of you.
- Pinch your index finger and thumb at the bolster and wrap your hand around the knife.
- Practice the claw grip with the guiding hand. Snug the knife edge to the flat edge of your curled fingers.
- Place the produce at a 45° angle for ease of motion and less stress on the shoulders.
- Relax and connect with the produce you are cutting.