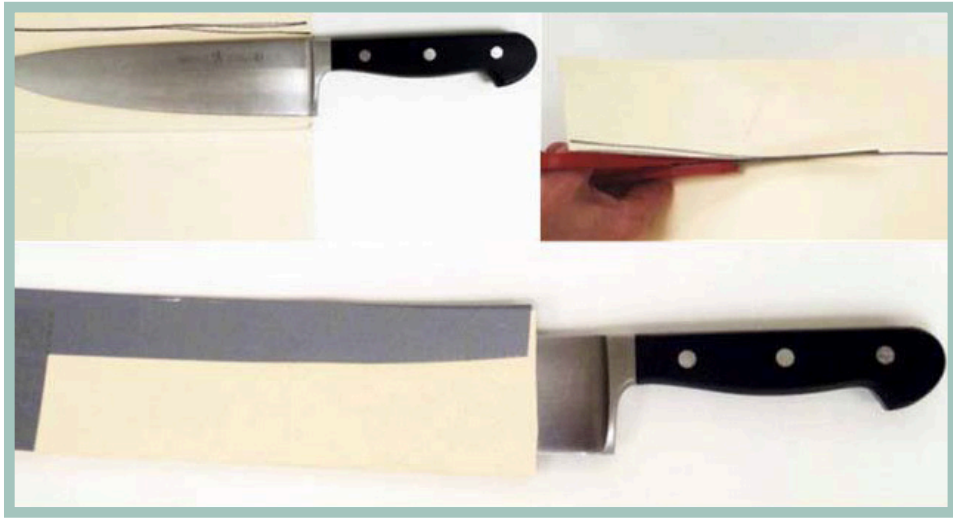


STORING KNIVES



- Protect the blade by storing your knife in a block made for knives or by keeping a sheath on the knife if stored in a drawer. A simple sheath can be made with an empty cereal box or folder. Make sure to put the edge of the knife facing the fold in the cardboard. Use 2 or 3 layers of tape at the end of the sheath to keep the knife tip from poking through.

KEEPING KNIVES SHARP

- The surface you cut on makes a difference. A cutting board is an important partner to your knife. Hard wood or hard plastic or rubber boards are preferred. Any of these can harbor harmful bacteria so care should be taken to clean and sanitize them with each use.
- Ceramic, glass and tile are very hard on the knife's blade and should be avoided as cutting boards.
- Another tool important to a good, sharp knife is the steel. A steel is used for truing and maintaining the knife's edges between sharpening and immediately before sharpening with a stone. Using the steel to maintain the edges of your knife is called honing. Ideally, you will hone your knife each time you use it for repeated cuts. Only making one or two slices or cuts? Don't worry about it!
- Honing: Place steel perpendicular to cutting board and hold knife at a 90° angle. Then angle the knife up half way and then half way again. Now you should be holding the knife at a 20° angle to the steel. With a loose grip on the knife, draw the knife down and towards you. Repeat this 3 or 4 times, then do the same thing on the other side of the blade 3 or 4 times.

