

EAT SMART BE FIT LIVE WELL

Cooking Light[®]

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pasta with bacon & cheese
and 8 other homey baked dishes page 138

Simple fish suppers | New Orleans-style brunch
Chicken and rice tonight

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A Good Knife for Every Budget

So, which knife is the best? There's no definitive answer, nor one brand that we recommend above all others. "The best knife" is a concept that's as individual as the person searching for it. That said, here are six great chef's knives for a variety of prices.



Chicago Cutlery Centurion 8-inch chef's knife (\$19.99):

If you consider yourself a casual to average cook, go with an inexpensive option such as this. The knife has a forged blade and full tang. It also sports a hardness rating of 52 to 55, and it will take an edge quickly with a steel. It's also lighter in the hand than some pricier options.

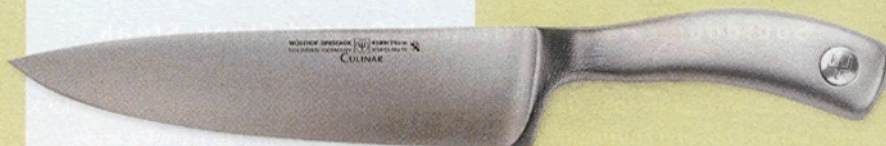


New West Knife Works 8-inch chef's knife (\$119): If appearance is as important as performance, look no further. With a hardness rating of 57 to 59, these handcrafted knives are strong and durable. They're also beautiful, with colorful hardwood veneer handles.



Henckel's Professional "S" 8-inch Chef's Knife

(\$89): This is a solid, dependable knife with a hardness rating of 56.5. The weight, shape of the handle, and rocking action are great for everyone.



Wusthof Culinar 8-inch chef's knife (\$145, rating of 56):

The weight and balance of this knife are amazing, and we love the sleek look of the all-metal design.



OXO Good Grips MV55-Pro 8-inch chef's knife (\$30):

This moderately-priced knife boasts a full tang and has a hardness rating of 55. The soft, pressure-absorbing handle provides a comfortable grip.

Shun Classic 8-inch chef's knife from Kershaw Knives

(\$129): Our Test Kitchens staff went nuts over this knife, which boasts a hardness rating of 60. It has a razor-sharp, hard-yet-flexible blade that makes for effortless slicing.

Making the Cut Here's a visual reference for the different cuts called for in our recipes.



Minced



Diced



Chopped



Coarsely chopped