



Messermeister



## KNIFE SKILLS

### HOW-TO: THE GUIDE HAND

The guide hand is the non-knife holding hand, and it is used to secure the item from rolling or sliding on the cutting board surface. The key is to gently provide a finger or two as a blade guide. The side of the blade should be touching the fingers. The fingers, especially the index and middle fingers, should be held at a 90° angle to the item being cut. The tips of the fingers and knuckles should slightly be curled under or you can bunch your fingertips together and rest the pads on top of the ingredient. This is your safety grip. While the hand that is holding the knife moves forward and back to cut, the guide hand moves across in even increments creating perfect slices. This action will become a synchronized rhythmic motion with the knife pushing through and the guide hand moving back for the next cut as the knife is brought back into the cutting position.



*1 Gently curl your finger and knuckles under. (The grip is similar to holding a tomato.)*



*2 Slide the rest of the blade against the first knuckle.*



*3 Push blade through ingredient creating perfect slices.*