



Messermeister



KNIFE SKILLS

HOW-TO: JULIENNE & DICE BELL PEPPERS



Place the bell pepper onto a cutting board. Slice off the top of the pepper just below the stem and the bottom approximately $\frac{1}{2}$ " from the end.



With the inside of the pepper exposed, determine each chamber outlined by the white pith. Hold the stem of the bell pepper and place the freshly cut bottom on the cutting board. Take a knife and cut between each cell wall, outlined by the pith, keep the white pith, stem and core intact.



The pepper is now ready to be cut into julienne strips and/or dices. Use the low push cut to cut and the guide hand to determine increments. Follow the natural lines in the pepper. Either chop it into julienne strips and brunoise dices or batonnet strips and small dices, depending on the size that you'd like to use for your dish.

Julienne Strip: $\frac{1}{8}$ " x $\frac{1}{8}$ " x 1-2"

Brunoise Dice: $\frac{1}{8}$ " x $\frac{1}{8}$ " x $\frac{1}{8}$ "

or

Batonnet Strip: $\frac{1}{4}$ " x $\frac{1}{4}$ " x 2"

Small Dice: $\frac{1}{4}$ " x $\frac{1}{4}$ " x $\frac{1}{4}$ "