

Good
Food
Happier
People
♡

Everything HERBAL
by Cheryl Jabz

A Sharp
Mind
Makes
A Tastier
Life
♡

Bubbie's

COOKING CLASS

Simple Skills ♡ Better Meals ♡ Brighter Days

Bubbie
♡

KNIFE SKILLS MADE SIMPLE

Chop • Dice • Mince • Slice • Julienne
and Safe Knife Handling

Good
Ingredients
Great Skills
Delicious
Meals
♡

Cook
Learn
Share
Enjoy
♡

CHOP

Rough, uneven pieces
for hearty texture.



Great for herbs,
lettuce, nuts, and
rustic dishes.

DICE

Small, even cubes
for even cooking.



Great for onions,
peppers, carrots,
celery, and more.

MINCE

Very small pieces
for bold flavor.



Great for garlic,
shallots, herbs,
and aromatics.

SLICE

Thin, even pieces
for quick cooking.



Great for zucchini,
cucumbers, mushrooms,
onions, and more.

JULIENNE

Thin, matchstick strips
for a delicate texture.



Great for carrots,
peppers, zucchini,
and stir-fries.

SAFE KNIFE HANDLING

- ✓ Use a sharp knife—it's safer and easier to control.
- ✓ Keep your fingers curled (the "claw" grip).
- ✓ Use a stable cutting board (place a damp towel under it).
- ✓ Let the knife do the work—use gentle, steady pressure.
- ✓ Keep your knife clean and dry.
- ✓ Store knives properly, in a block or sheath.
- ✓ Always cut away from your body.
- ✓ Take your time—good food is worth it!



Bubbie's Tip:



A sharp knife
and a little practice
turn tricky tasks
into kitchen confidence!



Good Food
Starts with
Good Skills
♡

Chop
Learn
Cook
Grow
♡

Better Skills ♡ Better Food ♡ A Happier You ♡