

# KNIFE SKILLS, FULLY



**THE COOKFUL**

*Edited by Lyndsay Burginger and Christine Pittman*

# Knife Skills, Fully

**I**t's hardly surprising that I do most of the cooking in our house, but my husband has some mad skills too. The only problem when he cooks is that he complains about the sad state of our knives. They're never sharp and they're kind of old and grim from too many rounds in the dishwasher (yes, I know. My bad).

That all changed recently when Cutco sent us a nice new set of knives so that we could put on a great Knife Skills series on the site. I now had the knives, knives my husband was ecstatic about (yes, he has forbidden me from ever putting them in the dishwasher). But did I have the skills? Nope!

Enter one of our amazing editors and trained chef, Lyndsay Burginger. Lyndsay knows what she's doing in the kitchen. Does she ever!

Lyndsay came over and we chopped and cut and snipped and cooked and photographed and she taught me a ton. Now we're passing all of that knowledge onto you in our new Knife Skill eBook.

Let's get chopping!

Christine



**THE COOKFUL**

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# The Essential Knife Buying Guide

*By Lyndsay Burginger*

*Think of your knife as an extension of your hand (think Ironman's jet hands). You want the best, and here it is.*

A chef is like a painter. Without a paintbrush, how can one paint a masterpiece? Without a knife how can a chef create a delicious dish?

In culinary school my instructor told us that our knife is an extension of our hand. Keeping good care of your knife is as essential as washing your hands. And using the right tool for the job is as easy as buying a few knives!

Each knife has a special job and the most versatile, the chef's knife, is used for a variety of different tasks. You can use it to chop up herbs, dice potatoes and slice whatever else needs to be sliced in the kitchen. A chef's knife is A MUST in the kitchen. Period.

Cutco provides two different styles of chef's knives: A classic chef's knife with a blade of 9-1/4" and a petite chef's knife coming in at 7-5/8". The petite version is smaller which is easier to



# Knife Buying Guide

*Continued from previous page*

use on smaller home-kitchen cutting boards. And don't forget to grab a [sharpener](#) to keep your knives their sharpest.

Another essential knife to add to your collection would be a [slicer](#). This 9-3/4" serrated knife is used to cut soft bread and cakes. The toothed edge keeps the fragile pieces of bread together, making this knife a must-buy.

Speaking of serrated knives, this [petite carver](#) makes carving meats like ham and roast beef easy and tender. The teathed edges slices through the meat with the greatest of ease.

Onwards to our next knife: the [gourmet paring knife](#)! This small knife makes peeling apples so easy. You can also use it to add decorative touches to mushrooms and radishes, so fancy!

Lastly, if you like making your home meals look like they came out of a five-star kitchen, grab a [boning knife](#). Debone chicken and break down cuts of meat with this handy knife. It's pointed blade lets you get all the meat off the bone. Every last bit of it.

All Cutco knives come with a [forever guarantee](#), which makes these knives a great buy. Send them in to get sharpened and they'll be sent back to you good as new.



# How to Chop an Onion

By Lyndsay Burginger

*The world record for chopping an onion is only seven seconds. Think you can do it faster using our onion chopping guide?*

Onions are in almost everything we eat (except deserts of course). They can be caramelized, chopped and added as the base of many dishes, sliced thin, or even made to look like a flower.

Today we are going to look into a technique to chop an onion fast, safe and effortlessly. You'll be all diced before your tears decide to fall out! Hint: whenever you chop strong onions, which in my case is any onion because my eyes are really sensitive, I can usually stop the tears when I turn on a faucet and put my head above the faucet. Maybe it clears the fumes or maybe I'm crazy. Another, slightly more drastic thing to try, is some onion goggles. Yes, really. These exist as a thing that you can buy. Ha!

Another way to prevent tears from onions is to use a sharp chef's knife. The knife will cut through the onion cell walls evenly, resulting in less onion fumes being released. On to the chopping...

# How to Chop an Onion

*Continued from previous page*



**Step 1:** Pick out your onion. Ain't it a beaut?



**Step 2:** Slice off the stem. And slice off a thin part of the root



**Step 3:** Make a cut vertically through the middle of the root to the bulb. A clean cut through the onion.



**Step 4:** Peel the skin off the onion using your fingers. If you need, peel off the outer layer of onion if it is soggy or ugly, or if you can't seem to get the skin off any other way.



**Step 5:** Once the onion is peeled, take one half and place it on the cutting board. Make vertical cuts making sure to leave the root intact. I cut each slice about 1/4 inch. This is the onion after the first cuts it should look like a fan.



**Step 6:** Next dice your onion using horizontal 1/4 inch cuts. These will go through the entire onion.



# How to Chop an Onion

*Continued from previous page*



**Step 7:** Repeat with the other half of the onion and use in a recipe which calls for diced or chopped onion.



# How To Take Care of Your Knife

*By Lyndsay Burginger*

*Keep your knives in sharp condition with these simple tips to care for your knife.*

Hooray! You just bought a brand new knife. It's extremely sharp and shiny and you are on a mission to keep it that way. To be able to slice rutabagas, turnips and radishes with ease. Say goodbye to dull, lifeless knives with these helpful knife care tips:

## KEEPING THEM SHARP

One of the main reasons to keep your knife sharp is for safety. A sharp knife glides and cuts through food more easily, thus you will not be adding extensive pressure to cut through the food. A dull knife can slip and oops, we better get cleaned up and call take-out.

The following sharpening tips are for straight-edge knives such as: chef's knives, paring knives and slicers. Serrated knives cannot be sharpened at home and must be sent in to be sharpened.

# Knife Care

*Continued from previous page*

There are two products which will keep your knives sharp: a honing steel and a [sharpener](#). The honing steel is for everyday use while the sharpener is when your knife gets dull and a quick hone is not enough to get that sharp edge.

In using a steel, hold your knife in your prominent hand (in my case my right) and the steel in your left. At the top of the steel place the butt of the blade against the steel at a 20° angle and pull towards you at an angle so the entirety of your knife is pulled against the steel. Switch sides of the steel (you are placing the knife on the other side of the steel and repeating the process) and repeat about 10 times. Wipe your knife to get rid of any metal shaving that came off.

When a steel just isn't cutting it, a sharper is needed. Thankfully with Cutco's [forever guarantee](#) you can ship all of your knives to Cutco to have them sharpened professionally! Just pay the shipping, send them in, and within a week or two they will be delivered back to your kitchen ready to be used again.

## WASHING YOUR KNIVES

While a dishwasher is a fantastic machine for most of your dishes, we advise not using it for your knives. The dishwashing detergent has been said to dull the knives and discolor the steel. Instead, use a mild detergent and hand wash your knives, making sure to never leave them in a sink of bubbly dishwater. Not only can this stain the knives but you can also cut yourself if you reach in and hit the blade.

## USE THE RIGHT TOOLS

To make sure you are using your knives safely and effectively we recommend storing your knives in a wooden block. This keeps them stored away yet within easy reach whenever you need a knife. Cutco offers a nice block which can fit all of your knives nicely.



# Chopping Herbs 101

*By Lyndsay Burginger*

*Chopped herbs can add a whole new level of flavor to your recipes. Find out how to cut different kinds of herbs with our handy guide.*

Fresh herbs add a wonderful flavor to recipes. There are a few different types of herbs which require different techniques to chop easily. Today we are going to be focusing on three: chives, dill and basil. Each of these herbs can be found in the produce section of your grocery store. The Cookful kitchen likes to keep a big pot of basil on the counter because we use it so much. A little bit of sunlight and some watering and you've got yourself a wonderful basil plant.



# Chopping Herbs 101

*Continued from previous page*

## CHIVES

Our first herb we are going to be preparing is chives. Chives taste faintly like onion and are great paired with potatoes, fish and soups. This method for chopping herbs works for herbs that are not super-prone to bruising, like tarragon, dill, parsley and rosemary.

We like to keep the chives cut rather small and delicate.



**Step 1:** Grasp the bundle of chives in your hand over a small bowl.



**Step 2:** Using sharp kitchen shears, snip off small segments of the chives into the bowl.



**Step 3:** Done!

# Chopping Herbs 101

*Continued from previous page*

## DILL

Next up on our herb chopping adventure is dill! Dill is a very aromatic herb commonly used in gravlax and in pickles. While you can snip dill away from the hard stem using kitchen shears, we usually chop it with a sharp chef's knife. This method of essentially rough chopping herbs works for herbs that don't have larger leaves and that you need to separate from stems before chopping, like dill, rosemary, thyme, parsley and oregano.



**Step 1:** Remove the fern-like leaves from the stem using your fingers. The easiest way to do this is pinch the leaves between your fingers and work against the natural line of growth.



**Step 2:** Bunch the dill in your hand and use your classic chef's knife to chop finely. Use a sawing motion with your knife as you chop through the bunch. If you want it cut more finely you can move your knife back and forth over the cut dill to chop it fine.

# Chopping Herbs 101

*Continued from previous page*

## BASIL

Last up is our basil, which we are going to cut into a chiffonade, which looks like little ribbons. This chiffonade technique is used to prevent some bruising in delicate herbs. It works best for herbs that are leafy such that you can actually stack the leaves and roll them up, such as basil and mint.



**Step 1:** Pinch the basil leaves off the stem. Since we are chiffonading we want to use large, uniform leaves of basil. Stack the basil leaves on top of each other.



**Step 2:** Start from the bottom of the leaves and roll into a tight cigar shape. Make sure it's tight!



**Step 6:** Holding the stack, make clean slices through the roll. Keep slicing through the entire roll. Use your fingers to separate the ribbons from one another.



# How To Carve a Chicken

*By Lyndsay Burginger*

*Never learned how to carve a chicken? We've got you covered with this easy step-by-step guide.*

We at The Cookful love a good roast chicken. Slather on some oil, add a few shakes of salt and pepper and pop it in the oven (check out our basic roast chicken recipe at the bottom of this article). It's one of the simplest meals and yet so comforting and delicious that it's perfect for when friends come over too.

You'll only need two tools to do the carving. Today I chose to use a boning knife and a carving fork. I chose a boning knife instead of carving knife because I am deboning the chicken and then carving.



# How To Carve a Chicken

*Continued from previous page*



**Step 1:** Place your roasted and rested chicken on a cutting board.



**Step 2:** Using your knife, cut in-between the thigh and breast. There is a little pocket of air you will feel and know where to cut between both. Follow the cut along the thigh and breast.



**Step 3:** Using your hands pull the thigh and leg loose from the chicken body and repeat with the other side.



**Step 4:** Use your knife and cut between the thigh and leg bone at the joint. To find the joint, move the leg and watch where it hinges. The cut should look like this. Repeat with the other leg.



**Step 5:** Now it's time to move on to the breast. Locate the breast bone in the middle of the breast and cut on both sides of the bone.



**Step 6:** Use your boning knife to slowly cut the breast from the ribs using short strokes from the tip of the blade. Disconnect the breast from the chicken. Repeat with the other side. The skin should still be intact with the breast.

# How To Carve a Chicken

*Continued from previous page*



**Step 7:** Holding your carving fork and knife, slice the chicken breast.



**Step 8:** Disconnect the wing from the chicken. Repeat on the opposite side.



**Step 9:** Transfer the chicken slices and pieces to a large plate or platter to serve. If you're looking for a basic roast chicken recipe to carve up, scroll down. Our favorite roast chicken recipe is down there.

# How To Carve a Chicken

*Continued from previous page*

**Yield:** 5 servings

**Prep Time:** 5 minutes

**Cook Time:** 1 hour, 30 minutes

**Total Time:** 1 hour, 35 minutes

**Ingredients:**

5 lb. whole chicken

1 Tbsp. olive oil

1/2 tsp. salt

1/4. tsp coarse black pepper

1. Preheat oven to 400°F. Place chicken in roaster and rub with olive oil, salt and pepper. Bake until internal temperature (taken in the middle of the thigh with an instant-read thermometer) reaches 165°F, about 90 minutes.
2. Let chicken rest 15 minutes before carving.
3. Using your knife, cut in-between the thigh and breast and follow your cut. Using your hands pull the thigh and leg loose from the chicken body and repeat with the other side. Switch back to your knife and cut between the thigh and leg bone. It's easy to find if you move the leg and watch where it hinges. Repeat.
4. Locate the breast bone in the middle of the breast and cut on both sides of the bone. Use your boning knife to slowly cut the breast from the ribs using short strokes from the tip of the blade. Slice the breast. Repeat.
5. Disconnect the wing from the chicken. Repeat on the opposite side. Transfer chicken pieces and slices to a large plate or platter to serve.





# How To Make Beef Carpaccio

*By Lyndsay Burginger*

*Grab some wine and sharpen your knife because today we're tackling the Italian classic Beef Carpaccio.*

Beef carpaccio is an Italian dish centered around raw beef. Yes, that's right, it's raw!

The first time I saw beef carpaccio I was very hesitant. I've been told from a young age about health hazards of eating rare meat, let alone raw.

Have no fear my friends, beef carpaccio is exquisite and safe to eat because A) it is fresh and B) it is from one cut of meat and thus has less chance of contamination. To make sure your carpaccio is safe to eat buy your beef tenderloin from a clean and credible butcher, tell the butcher what you plan to do with it and ask if the chosen meat will be suitable, and make the carpaccio on the same day you buy the meat. Do not save or eat any for leftovers.



# How To Make Beef Carpaccio

*Continued from previous page*



**Step 1:** Place your beef tenderloin in the freezer to get it partially frozen. Meat is easier to cut thinly if it has been frozen in this way. Our meat took around two hours to freeze to that point but it can all depend on your freezer and how big of a cut you have. Ours was 1/3 lb. so it froze quite fast. You want it really really cold and frozen but not frozen solid.



**Step 2:** Once the beef is frozen use your slicer to cut extremely thin pieces of meat. When you hold the slice up you should almost be able to look through it. Since the slicer has serrated edges you need to move your knife back and forth to cut.



**Step 3:** Place your sliced beef on a cool plate. And I don't mean like awesome, cool, I mean like, put it in the fridge and bring to a lower temperature cool. We've popped a bag of frozen peas under our plate to keep it cold while we work.



**Step 4:** Once all of your beef slices are on your cold plate, it's time to add the garnishes. Beef carpaccio is all about the garnishes. Add capers, sea salt, ground pepper, arugula and a small drizzle of oil and red wine vinegar. Eat immediately. I mean, how could you even resist???

# How To Make Beef Carpaccio

*Continued from previous page*

**Yield:** 2 servings

**Prep Time:** 0 minutes

**Cook Time:** 2 minutes

**Total Time:** 2 minutes

**Ingredients:**

1/3 lb. beef tenderloin

handful arugula

2 tsp. capers

2 tsp. red wine vinegar

4 tsp. olive oil

cracked black pepper

sea salt

1. Freeze beef tenderloin until very firm but not rock solid, about 1-2 hours. While the beef is in the freezer place the plates in the fridge to chill.
2. Once the beef is firm slice very thinly against the grain and place slices on chilled plates.
3. Top each serving with a handful of arugula and capers. Drizzle with vinegar and olive oil and add a pinch of freshly cracked black pepper and sea salt. Serve immediately.



# How To Remove Skin from Fish

*By Lyndsay Burginger*

*Today we're going back to basics and learning how to skin a fish fillet.*

You are probably wondering: why on earth should I learn how to skin a fish when I can buy it already skinned from the grocery store? Actually, some fish fillets come with the skin still on. This can be wonderful if you're pan-frying the fish (without breading) because the skin gets nice and crispy and so delicious. But if you're planning to bread the fish or bake it, then the skin does not get crisp and is instead soggy and pretty gross. You need to get it off! So if the best-looking fish at the store, or the fillets that are on sale, have the skin on but you weren't planning to pan-fry, don't worry. You can get that skin off lickety-split. Just follow the instructions below.

# How To Remove Skin from Fish

*Continued from previous page*



**Step 1:** Start with a clean cutting board and a salmon knife. It's thin blade works great to cut the flesh from the skin of fish.



**Step 2:** Grab the tail end of the fish and make a small angled cut through the flesh but not through the skin. Hold the fish tight with your hand while you gently move your knife through the fish. Sometimes your knife may slip and you miss a part of the skin, that's okay!



**Step 3:** Run the blade of your knife under the skin to loosen and hold tight with your hand. Remove the skin from the fish entirely.



**Step 4:** Use in your recipe as directed.





# Baked Haddock with Onions and Herbs

*By Christine Pittman*

*Use all your knife skills to make this baked haddock with chopped onions and herbs.*

Put your knife skills to the test! We've been explaining and showing you how to get the most out of your knives and now we're going to challenge you to pull all those skills together.

This recipe is really simple to put together and the chopped onions and dill add a great flavor to the haddock. There's also butter on there. So so delicious.

# Baked Haddock

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Total Time:** 15 minutes

**Ingredients:**

1 lb. haddock fillet, skin removed

2 Tbsp. butter, melted

2 Tbsp. chopped onion  
salt

pepper

2 Tbsp. chopped dill

lemon slices

1. Preheat your oven to 425°F and line a baking sheet with aluminum foil. Place fish on sheet pan.
2. In small bowl combine melted butter and onion. Pour over fish and sprinkle lightly with salt and pepper. Bake in oven until cooked through and the fish flakes apart, about 10 minutes.
3. Top the fish with chopped dill and lemon slices to serve.



# How To Supreme an Orange

*By Maria Siriano*

*Stop in the name of Love! Supreming oranges is as easy as listening to The Supremes belt out Motown favorites.*

Want to know how restaurant chefs get those perfect citrus slices with no pith and no membranes? Well there's a name for that technique: it's called supreming. It's just a fancy word for something that really isn't that difficult. With a little practice you'll be a master at this method, and your salads will look oh so classy.

# How To Supreme an Orange

*Continued from previous page*



**Step 1:** Use a classic chef's knife to slice off the top and bottom of your orange.



**Step 2:** Stand your orange upright on the cutting board. Starting at the top of the orange, guide your chef's knife down to the base, curving the knife with the shape of the fruit. Continue all the way around the orange until all of the rind and pith is removed. If you have white pith left on the outside of the orange, go back around and slice it off.



**Step 3:** Once all the pith is removed, you'll be able to see the membranes between each orange wedge. Use a paring knife to slice along the inside of the membranes.



**Step 4:** Lift out your supremed orange wedges and place them in a bowl. Now they're ready for a recipe or a snack!





# How To Cut a Fennel Bulb

*By Maria Siriano*

*Add some licorice-flavored crunch to your next salad by slicing up some fennel. Here's how!*

Fennel is a great versatile vegetable to use in the fall and winter, but slicing it for a recipe can be kind of daunting given its unusual shape. Don't worry! It's super easy and will take you no time at all.

# How To Cut a Fennel Bulb

*Continued from previous page*



**Step 1:** Use a classic chef's knife to cut off the green fronds close to the top of the bulb. Save the fronds, because you can chop up the wispy leaves to use as an herb in salads!



**Step 2:** Cut the bulb in half lengthwise.



**Step 3:** Cut a wedge out of the base of the fennel bulb to remove the root and core of the bulb.



**Step 4:** Place the bulb cut side down on your board and slice the fennel crosswise or lengthwise, depending on what your recipe calls for. Here, we sliced the fennel crosswise in preparation for our Autumn Fennel & Orange Salad.



## Autumn Fennel & Orange Salad

By Maria Siriano

*Salads aren't just for summer! Enjoy an Autumn inspired fennel & orange salad while snuggled in a sweater.*

Don't you hate when summer is over and it seems like all the fruits and veggies vanish into thin air? But just because the weather is cooler doesn't mean you can't have a light, fresh salad with seasonal ingredients.

Crunchy, licorice-like fennel and sweet, tangy oranges are a match made in produce heaven. We threw in dried figs, another seasonal favorite, plus toasted almonds for crunch. The vinaigrette couldn't be easier and just serves to complement the flavors of the fruits and vegetables.

So break out those knife skills you learned when we taught you how to slice fennel and how to supreme an orange. You're having a totally unborring salad for lunch!

# Autumn Fennel & Orange Salad

*Continued from previous page*

**Yield:** 2 servings

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

## **Ingredients:**

2 Tbsp. olive oil

1 tsp. orange juice

1 Tbsp. white wine vinegar

1 clove garlic, minced

Salt and pepper, to taste

1 fennel bulb, halved

lengthwise, cored, and  
thinly sliced crosswise

2 oranges, supremed

1/4 cup sliced dried figs

1/4 cup toasted sliced  
almonds

2 Tbsp. torn or chopped mint  
leaves

1. In a medium bowl, whisk together olive oil, orange juice, vinegar, garlic and a pinch of salt and pepper. Taste and add more salt or pepper if desired. Add the fennel slices, supremed oranges, and figs to the vinaigrette and toss to coat. Sprinkle with almonds and mint and serve.





# How To Debone a Chicken Quarter and Stuff It

By Lyndsay Burginger

*Turn your kitchen into a 5-star restaurant when you learn how to stuff chicken thighs.*

Have you ever heard of a turducken before? It's where you stuff a chicken in a duck inside a turkey.

Stuffing a chicken thigh is kinda like the same thing. You debone the thigh and stuff the thigh with a filling (in our case sausage) then roll it back up to look like a normal chicken thigh. Your guests will cry out in surprise to learn that there is sausage now inside of their chicken thigh! Almost as if you produced a magic trick or something.

# How To Debone & Stuff a Chicken Quarter

*Continued from previous page*



**Step 1:** Place your chicken thigh and leg on a clean cutting board with your boning knife.



**Step 2:** Remove the rib bones using small strokes with your knife. Using the tip of the knife you can scrape against the bone to get all the meat. Once you have most of the meat separated from the bone use a petite chef's knife to remove the bone. Now the rib is disconnected from the thigh.



**Step 3:** Use a boning knife and cut a slit through the thigh to get to the bone. Make small strokes with your knife to get to the bone.



**Step 4:** Next, locate where the thigh bones meets the leg bone. Cut in-between the thigh bone and leg bone to remove. Grasp the bone firmly and pull. This is what the chicken looks like deboned. Now it's time to get stuffing!



**Step 5:** Use a meat mallet and gently pound the thigh meat. I used plastic wrap to help with the mess and also to prevent the mallet from tearing the meat. The chicken thigh should be a uniform thickness.



**Step 6:** Stuff the stuffing into the thigh and leg cavity. This was about 2 tablespoons of stuffing.

# How To Debone & Stuff a Chicken Quarter

*Continued from previous page*



**Step 7:** Fold the meat and skin around the stuffing. Pull the skin tight to ensure the stuffing stays in the chicken by pulling it towards you. Then underneath to keep the stuffing in.



**Step 8:** Stick two toothpicks into the chicken skin to ensure the skin stays around the filling.



**Step 9:** Season the chicken with olive oil and salt. Bake as directed.



**Step 10:** Let your chicken rest 5 minutes before slicing and serving.





# Chicken Leg Stuffed with Sausage

*By Christine Pittman*

*Surprise your guests with a stuffed chicken leg. They'll wonder how you did it!*

Stuffing a chicken leg is a great way to show off your knife skills and to add a bit of elegance to your dinner. Since the chicken looks like a normal chicken thigh and leg, I usually leave the stuffing as a surprise for my guests to find. They love it!

Alternatively, you can slice the stuffed thigh, as shown in the picture above.

This stuffing is great for the autumn months. It combines sweet mild Italian sausage with tangy granny smith apples. A hint of thyme adds a nice flavor note as well.



# Chicken Leg Stuffed with Sausage

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 50 minutes

**Total Time:** 1 hour

**Ingredients:**

4 chicken leg quarters, ready  
for stuffing

1/2 lb. mild fresh pork  
sausage

1/2 peeled granny smith  
apple, finely chopped

1/2 tsp. thyme

2 Tbsp. breadcrumbs

salt to taste

1 Tbsp. olive oil

1. Preheat oven to 425°F.
2. In a medium-high frying pan cook sausage, stirring to break apart. Cook until browned, about 5-7 minutes.
3. In bowl mix together sausage, apple, thyme and breadcrumbs. Salt the stuffing to taste.
4. Stuff the chicken quarters and secure with toothpicks. Brush chicken with olive oil. Bake until internal temperature reaches 165°F and the chicken is browned, about 45 minutes. If the chicken is cooked through but not as brown as you'd like, put it under the broiler for a few minutes to crisp the skin. Keep your eye on it though because it can happen quickly.



# How To Dice a Sweet Potato Like a Professional Chef

*By Lyndsay Burginger*

*Test your knife skills with perfect square dices of sweet potato. Let's do this!*

In culinary school we practiced our knife skills daily. Day in and day out we used potatoes to perfect our large, medium and small dice, our julienne, brunoise, and even tourn  e. Potatoes are a great food to practice your own knife skills because they are cheap and you can get a lot of cuts from a single potato.

Today we are focusing on a medium dice, which is 1/2 inch x 1/2 inch x 1/2 inch. It's a pretty versatile cut and can be used in something like a hash.

# How To Dice a Sweet Potato

*Continued from previous page*



**Step 1:** Peel the sweet potato with a peeler.



**Step 2:** Cut off the ends with a classic chef's knife.



**Step 3:** Slice off the sides of the potato to square it. Try to get it as square as possible without wasting your potato. It's okay if it is not a perfect square.



**Step 4:** Make 1/2 inch slices through your potato. You can either eye-ball it or use a ruler.



**Step 5:** Continue to cut all the potato. These are called batonnets.



**Step 6:** Turn the batonnets and cut into 1/2 inch slices, these are your medium diced sweet potatoes. These potatoes are now ready for your recipe.



# Sweet Potato Hash with Sausage

*By Lynsday Burginger*

*Your dicing skills are beautiful! Show them off with this sweet potato hash with sausage.*

This is the ultimate autumn breakfast. Sweet potatoes, apple maple chicken sausage and a fried egg.

This sweet potato hash is great for brunch. Since the potatoes are cut small this hash cooks up fast, plus it only takes one pan so you have minimum dishes. Score!



# Sweet Potato Hash with Sausage

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Total Time:** 40 minutes

**Ingredients:**

1 Tbsp. olive oil

3 sweet potatoes, peeled and  
diced

1/2 onion, diced

8 oz. fully cooked apple

maple chicken sausage  
(such as al fresco), cut into  
1/2-inch pieces

1 Tbsp. canola oil

4 eggs

1. In skillet over medium heat, add olive oil. Add sweet potatoes and onion and stir occasionally. Cook until the onion and potato are starting to brown, about 10 minutes.
2. Cover the skillet and cook another ten minutes, stirring occasionally. Add sausage and cook until sausage is heated through, about 5 minutes. Take off heat.
3. In a separate pan add canola oil and heat over medium. Once oil is warm add eggs and fry until the whites are solid. Serve with a serving of hash.

# 101 Recipes To Test Your Knife Skills

By Nicole Johnson

*We've been giving you our best knife and cutting tips and now we have 101 recipes for you that use those skills.*

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# Contributors

*Many thanks to our writers for this edition of The Cookful.*



## Lyndsay Burginger

» [cookandagoodbook.com](http://cookandagoodbook.com)

It's always entertaining when Lyndsay's in the kitchen. She's even been known to belt out Broadway show tunes while making dinner (a handy whisk as her microphone, of course). She currently writes for Cook and a Good Book, a personal blog focusing on recipes based on literature. Lyndsay is also on the editorial team at The Cookful.



## Christine Pittman, editor

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Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



## Nicole Johnson

» [orwhateveryoudo.com](http://orwhateveryoudo.com)

Nicole has been blogging for 5 years at orwhateveryoudo.com, when not chasing her 7 kids around or working full time for Mediavine. She basically lives, breathes, and eats blogging. And cookies. A pasta fanatic and dedicated tomato fan, she occasionally branches out into crazier things like oh, rice and potatoes. She features mostly from scratch cooking with a healthy smattering of easy convenience meals tossed in to keep it real.



## Maria Siriano

» [siftandwhisk.com](http://siftandwhisk.com)

Somewhere among the towers of batter-smeared mixing bowls, you'll find a flour-covered Maria making unique seasonal desserts for her blog, [Sift & Whisk](http://Sift & Whisk). Although she never quite got the hang of the clean-as-you-go technique, she has still managed to elevate her baking skills far beyond "add oil, water, and eggs." She makes a killer pie, if she does say so herself.

# About The Cookful

*Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.*

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



**THE COOKFUL**