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Making the cut 入廚基本功：刀工

By Rachel Duffell

Skilled use of the knife is essential in cooking whatever the cuisine. Perfecting the art of slicing and dicing ensures dishes always have great texture – and also look sharp. Here we highlight five basic cuts that every chef should have in their armoury.

不管是哪個地方的廚藝，都非常著重刀工。事實上，食材切片還是切粒會影響菜餚的口感以至賣相，刀工是炮製任何菜式都必須具備的技巧。以下特別介紹五種每位廚師都需要熟習的基本切工。



JULIENNE 切絲

Also known as the French cut, the julienne cut is where a food item is sliced into thin strips, each strip resembling a matchstick. It is commonly used for carrots, celery and potatoes (particularly for julienne fries, or French fries). The easiest way to achieve this cut is to trim the food into a straight-sided shape. Slice thinly on one plane, and then again on the other. Resultant strips should measure 3mm x 3mm, and be up to 6cm in length. Julienne vegetables are often found in stir-fries, or sautéed to accompany meat or fish.

切絲，就是將食材切成火柴枝的粗幼，最常用來切蘿蔔、西芹和薯仔（特別是用來炮製法式薯條）之類。最簡易的切絲方法是先把食材表面切平，沿著其中一面切成薄片，然後轉到另一平面再切。完成品最理想是三毫米乘三毫米，長度最多可達六厘米。蔬菜絲的烹調方法以炒為主，或快炒作為肉類和魚類菜式的配菜。

BRUNOISE 切細粒

To achieve a brunoise cut, start with julienne-cut vegetables and chop the thin strips into cubes. These cubes should measure about 3mm on each side, and are often used in soups and sauces. Though too tiny to feature as vegetables in themselves, carrot and pepper brunoise, in particular, are commonly found as a garnish.



先把食材切絲，再切成每邊三毫米的立方體，最常用於煮湯或製作醬料。雖然切成細粒的蔬菜體積太小，不可能獨當一面，但卻經常用作伴碟，特別是紅蘿蔔和椒粒。



BATONNET 切條

The batonnet cut produces a heftier stick than the julienne cut: about 6mm x 6mm in cross section, and often slightly longer. This cut is also the starting point for the small dice. The batons in vegetable form can accompany meat or fish, or be served as crudité's along with a dip or sauce.

切條的蔬菜比切絲的粗，橫切面約六毫米乘六毫米，而且稍長。切條後的食材可進一步切成正方體，稱之為切丁。蔬菜條可當肉類或魚類菜式的配菜，也可以當冷盤、蘸醬或配醬汁吃。

CHIFFONADE 細切

This cut, which means "little ribbons" in French, is used for larger, leafed vegetables such as lettuce, cabbage and spinach. It is similar to the julienne cut in its result but features longer, extremely thin pieces. Stack the leaves of the vegetables and roll tightly before slicing thinly, perpendicular to the roll. The resulting chiffonade can be used for a garnish, or in a cabbage salad or coleslaw.

細切即Chiffonade，原為法文，意思是「小絲帶」，主要用於面積較大的葉菜，如生菜、椰菜和菠菜。完成品與前面提到的幼絲相比較薄和較長。做法是先把葉菜疊起，捲實，然後刀鋒對著葉卷垂直切下。蔬菜絲可作伴碟，或是椰菜沙律和涼拌菜絲。



RONDELLE 切片

Rondelle, as the name suggests, is a round cut used when preparing cylindrical ingredients such as courgettes, carrots and cucumbers – or even sausages or salami. It involves chopping circular slices from the ingredient so that they resemble coins. These slices can range in thickness from 3mm up to 1cm. Make it a diagonal cut by placing your knife at an angle to the ingredient and creating oval slices, or go for decorative rondelles by scoring or fluting the ingredient lengthways prior to slicing. 切片通常用來處理翠玉瓜、紅蘿蔔和青瓜等圓柱形食材，可將食材切成硬幣那樣，完成品一般厚三毫米至一厘米。刀鋒斜放的話，則可切出橢圓的形狀。如果想精美一點，可以先在食材表面弄出縱長的刻痕或凹槽，然後才切片。