Holding the knife correctly

Bridging method



The fingers should be on one side and the thumb should be on the other. Hold the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food. This method ensures that fingers are out of the way as the knife cuts through the food.

Claw technique



Shape the fingers of one hand into a claw shape, tucking the thumb inside the fingers. Rest the claw on the item to be sliced. Holding the paring knife in the other hand slice the item, moving the 'clawed' fingers away as the cutting progresses.