



 **Homemade Method™**

KNIFE SKILLS MASTERCLASS HANDOUT

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READY TO COOK BETTER, FASTER, EASIER?

So many women I speak to believe they don't like cooking... When really it's just because no one ever showed them some basic culinary cutting techniques to make their cooking quicker, easier and better tasting!

Yes cutting techniques affect everything - from how your food looks to how good it tastes!

So get ready to join Chef Lizzie in this special Live Knife Skills Class where you will learn: 4 Culinary Cutting Techniques, to make you a better, faster and more confident home chef. Enjoy!

Handout below.

Let's do this!

xo Anna

ONE CHEF KNIFE WE RECOMMEND

We have tried dozens of knives and we are obsessed with the [Chef Knife by Kilne](#) because: 😊

- It's made from chromium steel, which makes it super resistant to wear and tear, and it will never rust!
- It's the perfect everyday knife for most home use.
- The Chef knife is well-balanced, and you can even choose a handle color to match your kitchen.
- It's sturdy but not too heavy. We love how light it is!
- It's budget friendly and will last for a lifetime!

[GO HERE TO BUY OUR RECOMMENDED KILNE KNIFE ONLINE.](#)

We also love the Kilne Cutting Board in Acacia wood. Both the knife and cutting board are pictured below.



Today we will learn about the first equipment essential for cooking: A good knife!

We will cover the basics of how to choose, hold and properly use culinary knife skills to increase efficiency, quality of prep, and confidence in the kitchen.

One essential knife: The Chef Knife

There are a large variety of knives with different uses, but really there is only one essential knife for the home chef: [The Chef Knife](#).



How to choose and maintain the right Chef Knife

There are really only three key criteria for choosing and maintaining a great chef knife:

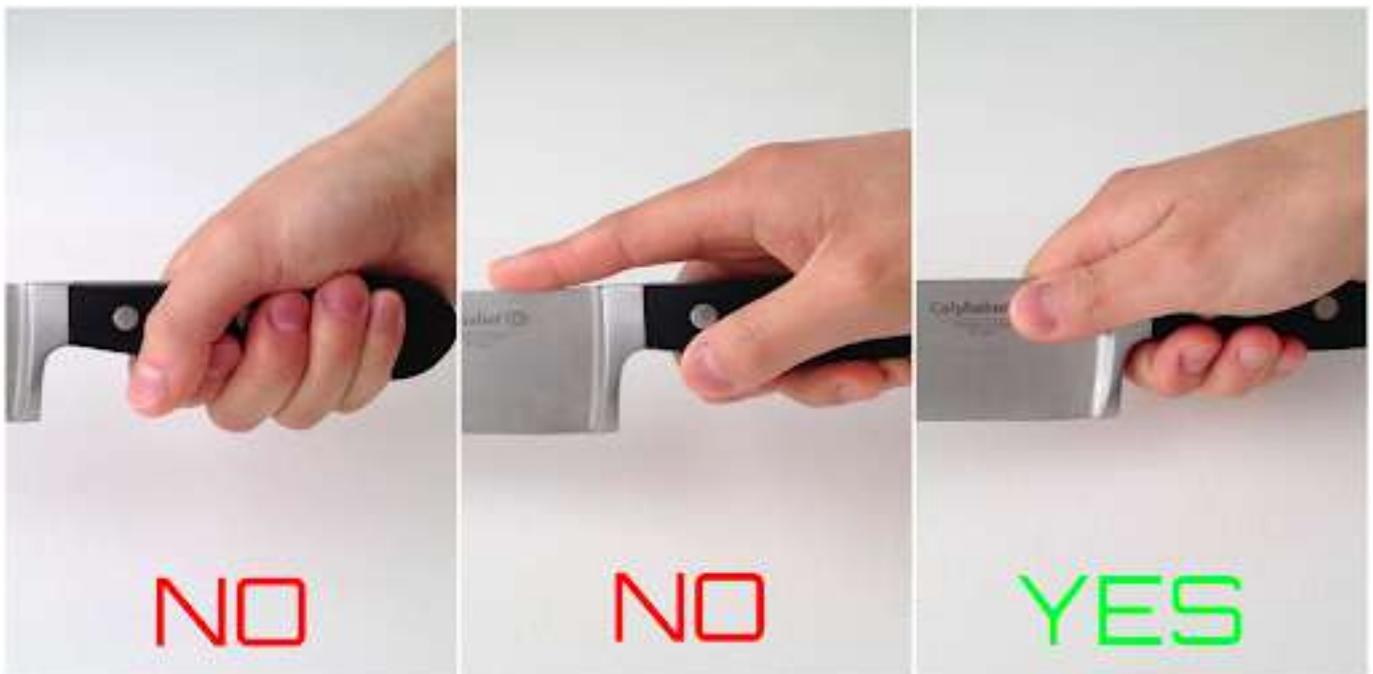
1. **Make sure the metal goes all the way through into the handle.** This ensures that the knife has sufficient weight and stability for ease of chopping and safety.
2. **Choose a knife which has the right amount of weight for you.** It is a balancing act between power (more weight) and comfort or ease of use for your wrist and hand strength (less weight). As a general rule, the pricier all metal knives used by professional chefs can be too heavy for the average home cook, so look for knives with plastic or rubber handles.
3. **Keep your knife sharp.** This is essential for both comfort, efficiency, safety and overall cooking enjoyment.

If you don't have a Chef knife that you love using at home, then we strongly recommend you get one from your local Ikea, Sur le Table or [buy this one we recommend online](#) (see Chef Knife, Knife Set & Knife Sharpener). This will totally transform your cooking experience. Make sure you invest in a knife sharpener at the same time (and use it every couple of months).

How to properly hold a Chef Knife

The correct technique to hold a Chef Knife is called the “**Pinch Grip**”. Your thumb and forefinger rest just on the blade in front of the bolster (end of the blade). This offers much better control and balance so it is most efficient. It might not be the hold you are used to, so take some time to get accustomed to it!

Check out the images below for the wrong and right way.



2 VIP Knives worth thinking about:

1. **Paring Knife:** perfect for peeling garlic and onions, coring apples, and doing other small tasks.
2. **Serrated knife:** Wonderful for bread product, and cutting through ripe, juicy tomatoes.

Basic knife cuts and techniques

For the home chef, there are really only a few key cutting techniques you need to master:

1. The **CROSS CHOP:** Use for mincing or finely chopping

- a. Hold the chef knife with the pinch grip
- b. Place the herbs or other ingredient in a small pile on the chopping board
- c. Place your free hand on top of the knife and use it to direct the blade through the pile in a 'rocking motion' - imagine the blade is the base of a rocking chair.



Tip: When mincing or finely chopping, the trick is to move the knife (not the ingredients) in tiny rocking movements through the ingredients, directing with the free hand on top.

2. The **ROCK CHOP**: Use for most other cuts:

- a. Hold the chef knife with the pinch grip
- b. Make a 'claw shape' with your free hand - and make sure you tuck your thumb in
- c. Use the claw hand grip to push the ingredient slowly into the knife.
The knife blade rests against your finger knuckles for control, and you never lift the knife above your knuckles (or they might get chopped!)



Tip: The trick here is to rock the knife in one place and move the ingredients towards the knife.

3. The **CHIFFONADE** technique

Chiffonade is a simple method of folding leafy herbs or vegetables in a round to create ribbon cuts.



4. The Julienne cut

Julienne is a bit more challenging of a cut that takes practice to master - but it's beautiful in salad, slaws and stirfry as well as wraps!

1. Cut your vegetable into 1 ½ inch lengths and create a flat side for stability.
2. Slice carefully and slowly into thin sheets. (Practice your control.)
3. Stack up 2-3 of the sheets at a time, and slice into fine matchsticks.
4. Repeat with remaining segments.



***BONUS KNIFE SKILL: How to cut an onion without crying!**

1. Chop the onion in half, skin and all, right through the center of the sprouted end to the center of the root end.
2. Peel off the skin, and place on your cutting board, cut-side down.
3. Make horizontal cuts, but avoid cutting through the root. (This is the “cry zone”.)
4. Cut vertically, and crosswise, keeping the root attached.
5. Enjoy perfectly diced onion with no tears!

Knife Safety Tips

For safety, secure your cutting board and ingredients. Make sure your chopping board is secure. If it moves or slides then place a damp paper-towel under your board to hold it in place. Also, remember to set up good ergonomics when cooking. The height of your cutting board & countertops should be comfortable so there is about 120-160 degrees between your arm and forearm.

Always cut on a cutting board. Never cut on glass, marble or metal. Never use your knife to open bags or boxes. And always cut away from you, move or rotate the cutting board if needed.

Never ever put your knife in a sink full of water. Try to wash your knives by hand, dishwashers break down a knife's edge, dry quickly after washing.

Carry a knife properly, blade point down with a rigid arm. And NEVER try to catch a falling knife, just get hands and feet out of the way.

When using a knife keep your eyes on the blade. Set knife down when you are not using it.

A sharp knife is a safe knife. Trying to force a knife is an invitation to disaster, more likely to slip and cause injury. Practice honing your knife and get it professionally sharpened if needed.

COACHING & SUPPORT

Did you know that you get personalized coaching included with your Homemade Cooking Club Membership? It's true!

Here's 3 ways you can get help:

- [Visit our Members-Only Group by clicking here and post your question.](#) One of our Expert Coaches will respond to you. You may even get suggestions from the other Ladies in the Group, who may have dealt with the problem you are facing.
- **Access your Homemade Cooking Club Class Library.** A world-first, searchable database of over 200 of our Event Recordings to support your mindset, weight loss and goals to lower high blood sugar, pressure and cholesterol.
- **Email your Expert Coaching Team and Support Team** at member@homemade-cooking.com. We normally respond in less than 24 hrs (usually much quicker).

Please be sure to add member@homemade-cooking.com to your contacts or address book so our emails reach you.

MEET THE COACHES



ANNA RAKOCZY

FOUNDER OF HOMEMADE METHOD

Anna has Masters Degrees from Stanford & UC Berkeley. Anna is a Fulbright Scholar, was the Australian Young Lawyer of the Year in 2008 and competed in National Ice Skating Championships for 4 years. Anna is a health coach, an author and a cooking instructor. She Founded the Homemade Method, and has led workshops for Google Employees, Stanford Hospital & University Employees. Anna presented at the Food Summit in 2013, the Food@Work Conference in 2014 and the Berkeley Food

Innovation Lab. Her work has been featured in Forbes and in Edible Silicon Valley. Anna has 2 young children and loves spending time hiking, in nature, doing yoga, surfing.. Or hosting dinners with friends where everyone brings ingredients for a theme dinner and we all cook together!

ASK ME ABOUT:

- Our Reset Response method to lose weight without dieting.
- What to do if you're not losing weight.
- Best foods to balance and reduce high blood sugars, pressure & cholesterol.
- How to change your relationship with food to one based on Nourishment & Satisfaction.



MADDY KUHN

FUNCTIONAL NUTRITIONAL THERAPIST

Maddy has been with Homemade since 2014 and she is our Lead Coach. She hosts our monthly Nutrition Live series for Success and Success Plus+ members. She is a Certified Functional Nutritional Therapist and received her certification from the Nutritional Therapy Association in 2018. She has also taught cooking classes to the young and young at heart across the San Francisco Bay Area and she enjoys dancing and spending quality time with friends and family out in nature.

ASK ME ABOUT:

- Nutrition to help you break through all the misinformation & confusion!
- How different foods affect your body when it comes to blood sugars, weight loss and inflammation.
- How to make your meals more plant based (but still easy & yummy) to help you improve your cholesterol.



LIZZIE STEWART

REGISTERED DIETITIAN & PROFESSIONAL CHEF

Originally from Halifax, Nova Scotia, Lizzie is a Registered Dietitian with over a decade of experience as a certified professional Chef. Holding a Bachelor of Science in Applied Human Nutrition and a Culinary Arts diploma, Lizzie believes everyone deserves a sustainable and joyful relationship with food and strives to help you live deliciously. As a Chef, Lizzie is able to provide practical tips and ideas allowing you to easily incorporate healthy practices into your busy daily life. Due to her culinary background, Lizzie approaches food not only scientifically – as nutrients for the body – but also as a source of pleasure and entertainment.

When she's not cooking or eating, Lizzie can be found at the local library. She is a compulsive reader of novels, recipes, and the latest nutrition research. Lizzie is also a devoted cat-mom and art enthusiast who loves sharp knives, butchery, and the smell of rosemary.

ASK ME ABOUT:

- How to substitute ingredients, master cooking techniques, and tweak recipes.
- Inspiration and ideas for quick healthy meals using what you have at home.
- Any and all nutrition questions - especially around weight loss, gut health, and digestive issues.



STEPHANIE RODI-FRANTZ

REGISTERED DIETITIAN

Stephanie has over 30 years experience as a registered dietitian. She earned her bachelor's degree at the University of Maryland and her Master's in Public Health at the University of North Carolina-Chapel Hill. She's worked in a clinical setting, long term care management and as an Outpatient Dietitian in a hospital setting. Stephanie was part of the "lifestyle" center that focused on Diabetes, Cardiac Rehab, Pulmonary Rehab and Bariatrics using one on one counseling and group nutrition coaching. In her spare time she enjoys spending time with her growing family, hanging out with her girlfriends and biking.

ASK ME ABOUT:

- What to eat and do if you have blood sugar spikes, high cholesterol and blood pressure.
- How to get a healthy heart through lifestyle and food.
- Helping you to understand your meds, their side effects and how to navigate what you can eat with your specific situation.



KATY GRAHAM

REGISTERED DIETITIAN NUTRITIONIST

Katy has been with Homemade since 2018. She hosts our Live Q&A Office twice per month for our Life-Changing Cooking Program Members. Katy has been a Registered Dietitian Nutritionist for 7 years in the Nashville, TN area with degrees in both psychology and nutrition and food science. She's worked as a clinical dietitian and food service supervisor in a local hospital, consultant dietitian for long term care facilities, and has even seen clients for things like weight loss, diabetes management, meal planning and grocery store tours. In her spare time she enjoys walking outdoors, spending time with family and personal finance.

ASK ME ABOUT:

- How to make the program work for you (especially if you're new!) so you can lose weight and keep it off.
- How to make adjustments to recipe and meal planning to stay on a budget.
- Problem solving your biggest obstacles using nutrition science and behavioural change to help you reduce your blood numbers and chronic pain associated with arthritis.



IRENE MOLINA

CERTIFIED HOLISTIC HEALTH COACH

Irene has been with Homemade since 2019. She hosts our monthly Cooking & Meal Prep Parties and is a Certified Holistic Health Coach. She received her training from the Institute of Integrative Nutrition, where she received in-depth knowledge of nutrition, health & wellness, and coaching. Irene dealt with a lot of her own health struggles - and was able to find healing through nutrition and mindful eating. Once she learned the secret to health - she wanted to share it with the world. In her spare time, she enjoys traveling with her husband and spending time with family & friends.

ASK ME ABOUT:

- IBS or other digestive issues and how to make the program work for you.
- Foods that will support your gut health and also help you reach your health & weight loss goals.
- How to make tweaks and adjustments to recipes - especially if you suffer from food sensitivities or allergies.



MERRYL HELDEROP

CERTIFIED NUTRITIONIST

Merryl is a Certified Nutritionist with a Master's Degree in Nutrition from Bastyr University in 2014 and an undergrad degree in Psychology from University of Washington. Merryl taught group exercise classes at a studio gym where she created a 3-month nutrition program for members with a focus on mindful eating and is currently working on a ME certificate program. She's dealt first hand with weight gain, chronic heartburn, inflammation & all over body pain and she decided to heal her body through food and movement. All of that has made her extremely passionate about mindful and intuitive eating practices.

In her spare time she enjoys chasing after her two small boys and breaking bread with friends.

ASK ME ABOUT:

- The mindset piece of the program & intuitive eating for weight loss.
- How to listen to your body & give it the proper nourishment in any given situation.
- How to create healthy new habits for weight loss and inflammation reduction.



SAMANTHA TEMPLE

NUTRITIONIST

Samantha is an Associate Nutritionist who graduated with a Bachelor of Food and Nutrition from LaTrobe University in 2020. She became a Nutritionist because she battled Fibromyalgia and Chronic Fatigue Syndrome throughout her teenage years and into her 20's and saw the healing power of nourishing foods first hand. Simply by making small swaps, she was able to reduce the chronic pain she experienced and start to regain her energy! She would not let these illnesses define her life and was determined to help others do the same. She is passionate about using the most up-to-date nutrition research to help women reduce inflammation, heal their bodies and feel their best.

In her spare time she enjoys camping with her husband and friends, riding and training a friend's young quarter horse and learning all about gardening.

ASK ME ABOUT:

- Fibromyalgia and how to reduce body wide inflammation.
- Chronic Fatigue Syndrome and how to increase your energy levels for years to come.
- Nutrition Research and the scientific evidence behind the nutrition, food recommendations and behavior change.

MEMBER LOVE

BEVERLY BURRIS

"#SUCCESS: Dr visit this morning was pretty exciting! I've lost 27.5 lbs, dropped from size 16 to 10 which is already getting loose. And as of today I am OFF BP meds!"



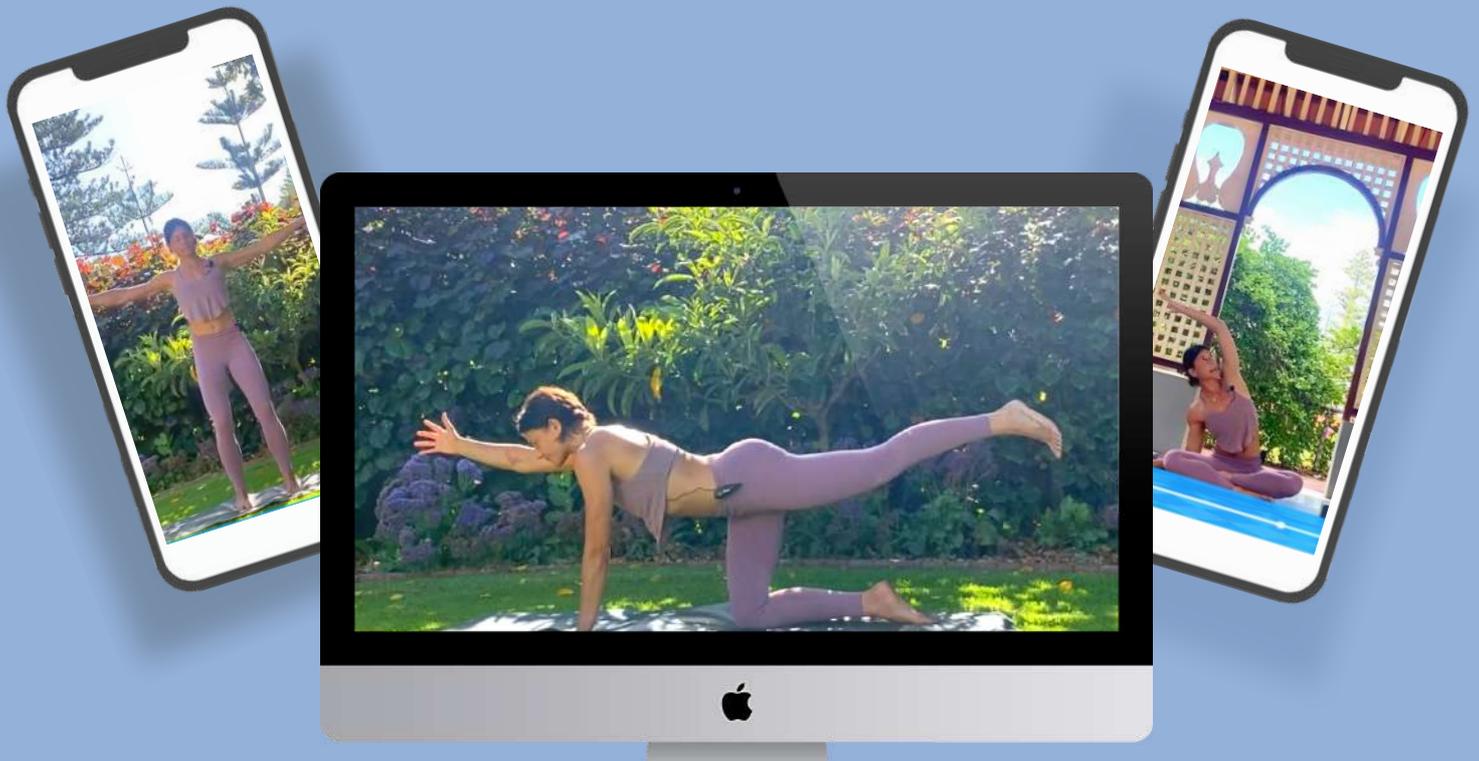
MARGIE FRANKLIN

"I comfortably wore a skirt last week that was waaaay too tight on me 3 months ago. I feel different eating the Homemade Method way. I feel like I am more awake? More alert? More energy!"

CINDY SCHMELTZ

"OMG! OMG! OMG! I was newly diagnosed with Type 2 DM in Feb. I was in a panic, when I found and started this program! My A1c was 7.4 and weighed 227 lbs. I now weigh 197 and my A1c... was 5.4! I went from a sense of urgency and panic to a feeling of confidence and control!"





WANT BIGGER FASTER RESULTS?

When we go through menopause, our estrogen levels decline. And that can cause weight gain...especially around the mid-section!

Adding safe and gentle workouts specifically designed to increase metabolism and build muscle mass in women over 50...will improve your results compared to just doing the Challenge alone.

That's why when you add the Complete Fitness System for Women over 50 to your order today, you'll save a whopping 70% off our regular pricing. The best bit: Every workout can be done at home in 15 mins or less :)



[YES! GET THE OFFER](#)



“
**YOU CAN GET A
HEALTHY,
ENERGETIC BODY
OVER 50 AND IT'S
EASIER THAN YOU
MIGHT THINK...**

**YOU JUST NEED
THE RESET
RESPONSE!**

**ANNA RAKOCZY, FOUNDER
OF HOMEMADE METHOD**

YOU WOULDN'T STEAL A LOAF OF BREAD (COPYRIGHT NOTICE)

Bakers wake early each morning to make loaves of bread.

Dressmakers sew dresses. And authors write books.

Likewise, we work hard every day to bring you the best original, content, to help you improve your health and your life.

You wouldn't steal a loaf of bread, a dress, or a book... so please respect our content too. 

This booklet and all of the content we share with you inside our Programs and Membership are protected by copyright laws and intended for private use only.

Please do not sell, copy or share this document with friends, extended family or for your business, coaching or commercial use, to respect our intellectual property and avoid breaching the law. It's what's right... and it's also the law. Please notify us if you see our recipes/content on an unrelated site.

If you've got any questions, please reach out to our team at hello@homemademethod.com. Thank you!