

*Research Article*

## Function and Effectiveness of Knife Sharpness for Food Preparation

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**Abstract:** Knife, knife is an important tool for cooks and even head chefs. There are various types and materials of knives, each knife has the same function but with different effectiveness for cutting certain ingredients. For example, 'Chef knife' This chef knife is most commonly used in the f&b world or at home, the second is 'Cleaver' cleaver or often called machete is most often used in China, and if in Indonesia it is most often used to cut poultry, and to chop various meats, the third is 'Bread knife' bread knife, as the name suggests bread knife or bread knife, usually used to cut bread or, bread knife is highly recommended for cutting bread or cake because the blade is serrated which makes it not necessary to make more effort because it is just in the usual slice, this is very effective because there is no need to press the bread or cake, and this will not damage the appearance of your bread or cake.

**Keywords:** Knife, Chef, Cleaver, Bread knife

### 1. Introduction

In the culinary world usually people are less notice the functions of the knife, knife own each function and usually knife - knife the own effectiveness in various type. In cut , knife own different functions like chef knife used as the most common knife in the world of fnb and Cleaver usually used For chopping miscellaneous meat or poultry , cutting vegetables and so on because the chef knife multifunctional Then For br e ad knife or bread knife usually used For cut various breads or cake . So from that the knife i have role important in preparation ingredients before cook.

Apart from the many the function and role of each of knife , important For We For sharpen it in a way routine and periodic Because with hone knife can make it easier We in cut something and nothing need emit Lots power, then in processing anything become more efficient and little the damage that is produced . While If knife blunt will very dangerous for workers in the hotel/ restaurant kitchen and that can trigger accident Work that is sliced pisa u, also can influential to damage to materials Because the fibers No cut off with good that causes rottenness or normal it is said spoiled.

For safety in Work so things on must be very careful because can make it easier work and reduce accident in work. In addition, understanding about method keep knife also not lost important. Knife should store in a safe and clean place such as magnetic strips or knife bags, so as not to each other clash and stay sharp. Good storage also prevents contamination cross and guard cleanliness tools, which are very crucial in guard standard sanitation kitchen. With Thus, use, care and storage the right knife is one unity important thing to do applied by each worker kitchen to support smoothness operational and security work. Apart from side technical, selection knife is also better customized with comfort users. Not all knife suitable For everyone, because form handle, weight, and length blade can be very influential method Work someone in the kitchen. A worker the kitchen that is used to with knife light Possible will feel difficulty moment use more knife heavy like a cleaver, and vice versa. Therefore that's important for know character knife used for results Work still maximum and not drain energy in a way excessive.

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In the environment professional, speed and precision in cut Materials are very influential to channel Work overall. For example in preparation Cook for hotel or restaurant, time become a very determining factor. If the knife No sharp or No in accordance with the cut material, then time Work Can obstructed and causes delays in presentation food. This is Of course will impact straight to satisfaction customers, and in a No directly also affects reputation place Work the.

Cleanliness knife also not may ignored. Dirty knife or No quick washed after used can become place development bacteria. In the culinary world which highly values tall standard cleanliness and safety food, things This Can become violation serious. Therefore that, get used to self for wash knife after used and dry it with Correct is part from not quite enough answer a professional the kitchen is not Can offered.

Even in aspect learning culinary, understanding about knife become material the basics taught since early. Schools hospitality and also training kitchen professional always emphasize importance know knife from aspect function, technique its use, as well as method take care of it. This shows that knife No only considered as tool help, but also as extension hand a chef in process food. Without skills use knife, someone No Can it is said truly Ready working in the kitchen professional.

According to Stephanie Gunawan (2024) knife sharp is not just a kitchen ordinary utensils, knives are the key to efficiency and effectiveness when food preparation you, in order to the wider you can try various cutting techniques easily if you have a sharp knife. According to McGee (2004) in his book entitled *On Food and Cooking*, A sharp knife can cut ingredients more precisely and minimally damage food ingredients so it can maintain the taste and texture from food said. A sharp knife more Safe to use compared to a blunt knife. A blunt knife requires more pressure when cutting, which makes it riskier when cutting food. Preparation because a blunt knife requires more pressure than a sharp knife.

In conclusion, the knife is not just tool cut usual. He is part important from the creative and technical process in the culinary world. With understand and appreciate function, maintenance, and storage knife, a worker kitchen can increase quality Work at a time guard safety himself and the people around him. Discipline in nurse knife reflect discipline in work, and things small like this precisely become foundation important in build career in the field culinary.

## 2. Proposed Method

Study this use method qualitative which aiming for analyze about importance sharpness knife in the professional kitchen world and at home even though. This method chosen because can give description clear about importance sharpness knife in the kitchen. According to Creswell & Guetterman (2018, p. 46) explain that qualitative research is a type of research that makes researchers depend on information from objects or participants in a broad scope, the questions are general, data collection is mostly from text or participant words, and explains and analyzes the collected text subjectively.

According to Sukmadinata (2017, pp. 61-66) the method strategies in qualitative research are generally divided into interactive and non-interactive. So the research This using non- interactive strategies Because lack of the time available, with utilize existing data there is . In this study, we will use qualitative methods to explore and analyze the effectiveness of knife sharpness in food preparation. This study aims to gain an in-depth understanding of the experiences and views of chefs, cooks, and cooking enthusiasts regarding the use of sharp knives.

## 3. Results and Discussion

In some aspect research result shared into two, namely the effect of using a knife sharp and influential Usage knife blunt in preparation making ingredients cooking. Participants using sharp knives give response that they can cut and slice food ingredients quickly and efficiently. The time required to prepare food ingredients is significantly reduced, allowing them to focus on other aspects of the cooking process. In contrast, participants who used blunt knives spent more time in the cutting process. They often had to use extra force to cut the ingredients, which caused the drain. Power and slow down preparation time material food.

Cut result from knife sharp more neat, clean and precise. In addition participant observe in cutting vegetables, meat and ingredients other more uniform. One each other become plus value in presentation, while piece from knife blunt often produce the piece that is not neat and precise, then from results piece the produce absence uniformity in presentation that makes results less end maximum.

Participants who use knife sharp more believe self in use it because own more control good, and can shrink accident like slipping knife. On the contrary participants who use knife blunt Lots experience accident small, like slipping that hurts self themselves. And they must try more hard arrange position in cut and risk make hand injury. Participants who use knife sharp more satisfied, because make it easier they, they also said that cook become Far more pleasant if use the right tool, while participants who use knife blunt get lack of experience good and things this also reduces Motivation in cook and enjoy every the process.

Importance a tool for always treated with good, including knife that is one of the component important in the kitchen world. With nurse knife with method hone in a way periodically and routinely can make it easier we in work.

Why sharpness knife is very important because it makes things very easy we in manage time, manage food become more good and efficient. A dull knife can have a very significant impact in work from increase power out, slow down performance. Besides That neatness in cut also into matter important in presentation if the result not enough good because constraint from a blunt knife so will rated No intention or matter negative others by customers.

In terms of nutrition, fine and precise cutting helps maintain the content in food, especially vegetables and fruits. Sharp knives are able to cut plant cells more cleanly, thereby reducing oxidation and nutrient loss. A study by Zhang et al. (2020) showed that a good cutting process can maintain vitamin C and antioxidant levels in fresh vegetables up to 15% higher than cutting with a blunt knife.

Influence sharpness knife to aesthetics and quality food. In the culinary world professional, aesthetic presentation be one of indicator quality. Neat and uniform cuts. No only become Power pull from a food, but also ensure even maturity moment cooked. Sharp knife make it easier achievement standard anywhere that, especially in a number of technique cut such as julienne, brunoise, jardiniere, and chiffonade.

Sharpness knife is also related direct with texture end from a cooking. For example, when cut meat No will damage cells inside meat the Because the fiber cut off with neat and precise This cause the meat remains tender and the taste of the meat remains experience from meat In the context of above, effectiveness knife become part from all processes that guarantee quality culinary in a way overall.

## 5. Conclusions

Sharpness knife become role important in preparation material food, affects from all aspects, starting from efficient, safety, quality nutrition, and aesthetics the food served. A sharp knife give good result in various aspect processing food compared to with knife blunt. Therefore that, knowledge about selection, care and proper use of knives must always become the important part in curriculum education culinary and technology food. Students as candidate worker professional in the field food must realize that skills base like sharpen and use knife no only impact on the results cooking, but also on health, efficiency and safety. In Work in a way overall.

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