

KNIFE CARE 101

CUTTING BOARDS:

Always cut on a plastic or wood cutting surface (*end-grain wood cutting boards are best*). Ceramic and glass cutting boards are incredibly abusive to cutting edges and are not recommended for kitchen use.

WATER EXPOSURE:

Never put your knives through the dishwasher or leave your knives immersed in water or wet for any length of time. Extended exposure to water can be very damaging to the materials that your knife is constructed from. While cooking you should intermittently rinse your knife with water and dry with a kitchen towel.

CARBON STEEL KNIVES:

This is specifically important with carbon steel knives as the acids in certain foods will react with the steel of the blade, so keeping it clean and dry in-between cooking tasks will protect it.

When you are done using your knife (*or knives*) they should be immediately washed, thoroughly dried and stored in a block, on a magnetic rack or in a plastic knife guard.

Carbon steel knives develop a patina over time through normal use and contact with foods. The patina becomes a protective factor in limiting further corrosion. Each patina is unique and is a visual “story” of your knife. A nice patina is a visual indication that your knife is well used and cared for.

MAINTENANCE OIL:

Occasionally a food-safe oil should be applied to your blade and wood handles. Mineral oil or camellia oil are personal favorites. The oil will protect the blade from undue corrosion and the handle from cracking or shrinking.

DRESSING EDGES:

Dress your cutting edge regularly with a ceramic dressing rod or steel. (*Our preference is ceramic as it polishes the cutting edge while performing the intended task of cutting edge re-alignment.*) Dressing your edges regularly will keep your knives sharper longer and it will enable your knife to perform to its optimum potential.

At least once per year, or as needed, have your knives sharpened by a reputable professional. (*Hint: when the dressing rod does not improve the knife’s performance, it is time to sharpen.*)

You can reach out to me any time at labradoforge@gmail.com with questions.

Good luck, and stay sharp, my friends!