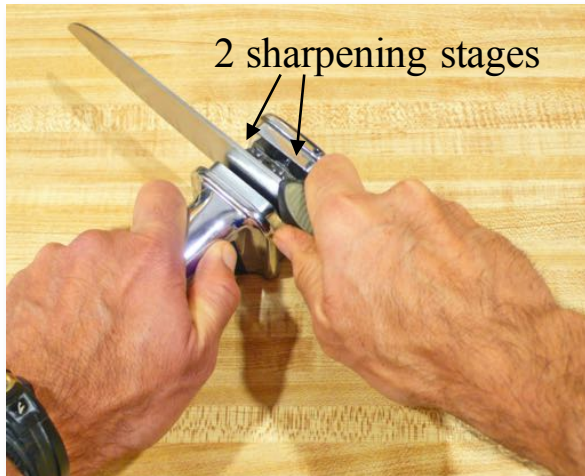
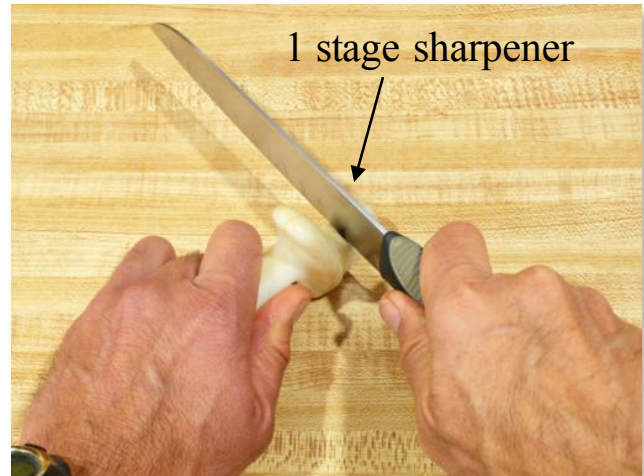


How To Sharpen a Kitchen Knife with a Handheld Knife Sharpener

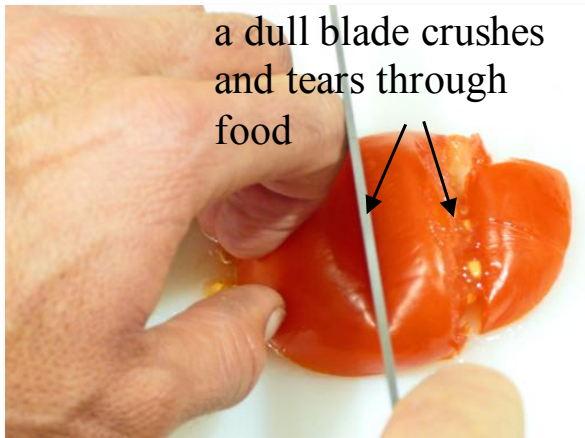


(knife sharpening with a 2 stage sharpener)



(knife sharpening with a 1 stage sharpener)

HOW TO KNOW WHEN TO SHARPEN A KITCHEN KNIFE: For safety's sake, sharpen any kitchen knife as soon as you notice it start to lose its edge. You'll see for yourself that a knife has lost its sharp edge when the knife blade starts to crush or tear (left photo, top of next page) instead of slice neatly (right photo, top of next page) through food. Sharpening a knife that's still relatively sharp takes a lot less effort and time than sharpening a knife with an edge that has gotten as dull as a butter knife.



a dull blade crushes and tears through food

Dull Knife

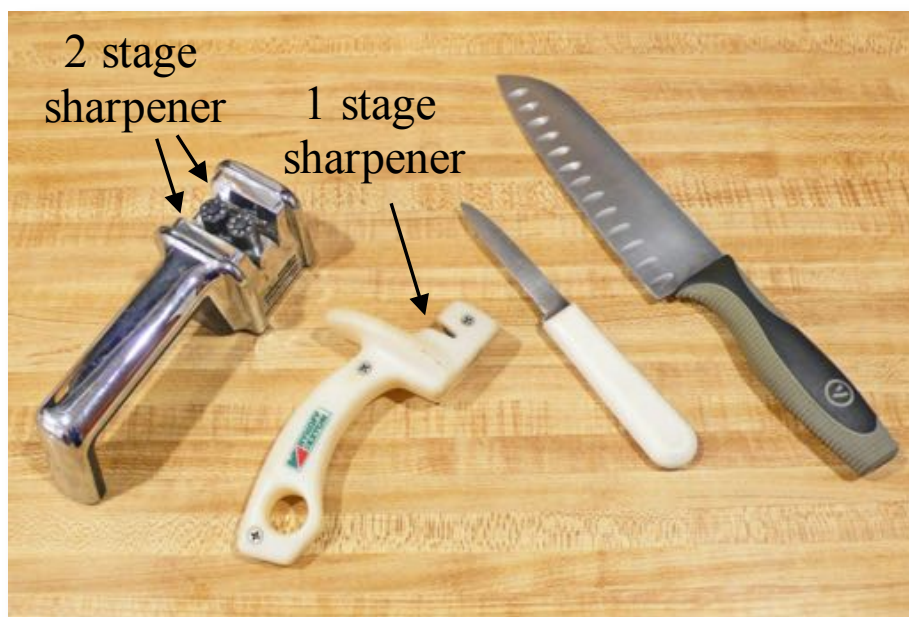


a sharp blade cuts neatly through food

Sharp Knife

Needed

Kitchen Knife (these directions will show how to sharpen both a short and long bladed kitchen knife)
Handheld Sharpener (what you see below are only two examples of handheld sharpeners – how to use both is shown in the following directions)



2 stage sharpener

1 stage sharpener

1. Hold the **knife** comfortably in your hand as if you were going to cut with it as shown below whether you're using a long bladed (left photo) or short bladed knife (right photo) below. Then...



...grip the **handheld sharpener** as follows according to whether you're using a **2 stage sharpener** (left column below) or **1 stage sharpener** (right column below).



2. Lay the **heel** of either a **long bladed** (left photo) or **short bladed knife** (right photo) in the **coarse sharpening slot**. Then...

2. Lay the **heel** of either a **long bladed** (left photo) or **short bladed knife** (right photo) in the **sharpening slot**. Then...

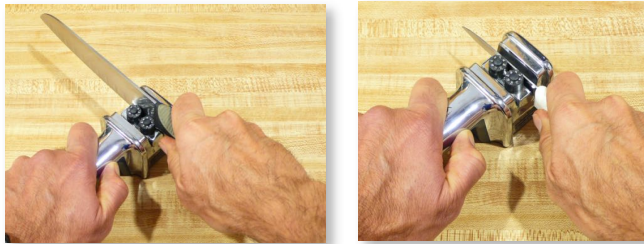


...pull the **knife** straight back the full length of the knife blade as shown below while applying as much downward pressure as you'd use to cut through refrigerated butter.

...pull the **knife** straight back the full length of the knife blade as shown below while applying as much downward pressure as you'd use to cut through refrigerated butter.



3. Lay the **heel** of either a **long bladed** (left photo) or **short bladed knife** (right photo) in the **slot for fine edge sharpening**. Then...



4. Check for sharpness by rubbing your **thumb** lightly **ACROSS THE BLADE** as shown below.



The **knife edge** is sharp if it feels as if the **blade** could cut through **room temperature butter** just by the weight of the knife blade alone (this is just a

3. Check for sharpness by rubbing your **thumb** lightly **ACROSS THE BLADE** as shown below.



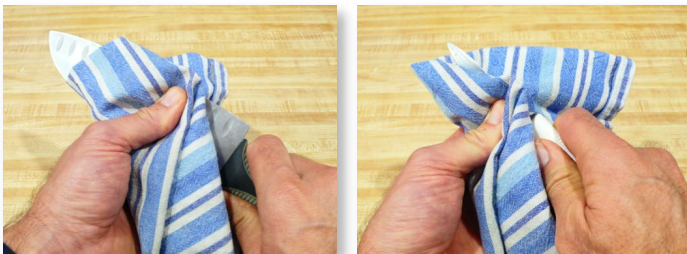
The **knife edge** is sharp if it feels as if the **blade** could cut through **room temperature butter** just by the weight of the knife blade alone (this is just a mental image – you'd need to apply force to the knife blade really to cut into butter). If the **blade** doesn't feel sharp, repeat step 2 until it does.

mental image – you’d need to apply force to the knife blade really to cut into butter). If the **blade** doesn’t feel sharp, repeat step 2 until it does.

4. After sharpening, wipe the **knife blade** with a **towel** to remove any **residue metal dust**.



5. After sharpening, wipe the **knife blade** with a **towel** to remove any **residue metal dust**.



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Gotta’ Eat, Can’t Cook

“Show Me How” Video & Picture Book Cooking