

4.1 KÜCHENPROFI SPICE CUTTER



Actually an herb cutter, this streamlined contraption rolls over piles of parsley or mint with five circular stainless steel wheels doubling as cutting blades. On earlier versions, the rims were honed to a sharp edge that minced herbs like a dream but also nicked fingers and knuckles. The current model's blades are not as sharp, so you may have to exert some

pressure as you roll them back and forth over a relatively tough herb like Italian parsley. The blades detach from the plastic holder for easy cleaning. The device is 5" long, 3½" high, and 2¼" wide.

4.2 ZYLISS CHOPPER



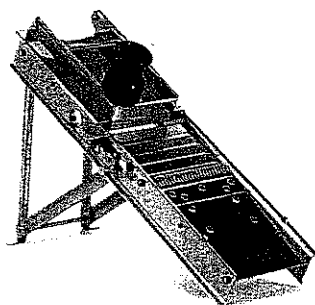
Although they like to boast that all they need is a knife and a cutting

board, professional chefs make use of a number of inexpensive, labor-saving gadgets. This is one of them: a spring-mounted chopper that turns leafy herbs or slices of onion, apple, carrot, and nuts into confetti in a matter of seconds. Simply place slices of any firm-fleshed fruit or vegetable in the plastic container at the bottom and depress the plunger to push the zigzag-shaped stainless steel blade into the ingredient. The more times you push down the plunger, the more finely the item will be chopped, from coarse chunks to mince meat. The base of the unit is a container that can hold the food to be chopped. The chopper is 8" high with a 3¾" diameter base and comes apart for easy cleaning.

MANDOLINES

We've talked about knife edges that are straight and serrated, flat, crescent shaped, round, and jagged; the one constant element is that they all cut food by moving over it in some fashion. However, you can also move the food over the blade. This is, of course, the principle behind the grater; it is also the principle behind the mandoline, a device widely used in restaurants for cutting vegetables into slices or strips. A mandoline is a narrow plaque, originally made of wood but now often constructed of plastic or, in the classiest professional models, stainless steel, into which have been fixed one or more cutters. Depending on the size and shape of the cutters you can slice, julienne, or produce rippled cuts of cabbage, potatoes, carrots, beets, and any other firm foods. Usually, the cutters can be removed and changed. As dependent as we may have become on our food processors, a professional mandoline slices with far greater precision and finesse. A note of caution: Always use a finger guard.

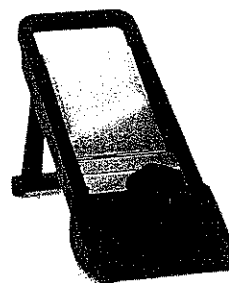
4.3 BRON CLASSIC MANDOLINE



The Bron is a tool for the professional kitchen, used in restaurants from Hong Kong to Paris. Made of stainless steel, this device works on the basic mandoline principle: the vegetable (or fruit) is held in a tray that slides into a row of blades, which does the slicing. For most uses, you place the ingredient in a kind of carriage that protects your fingers and holds the food steady, but for waffle

cuts you have to remove the carriage and hold the vegetable bare-handed. The width of the slice is adjusted by a handle on the underside of the device; a knob on the side adjusts the thickness. Once you decipher the user's manual, the Bron works like the finely tuned machine that it is. However, it is bulky and hard to clean, so we recommend it only for ambitious home cooks. It measures 16" long, 4½" wide, and stands 10¼" high. The Bron also comes in a table-clamp model.

4.4 MATFER PROFESSIONAL MANDOLINE



The Bron mandoline's strongest competitor is the Matfer, which may not

4.5 FORSCHNER PERFORMANCE SHIELD CUT-RESISTANT GLOVES

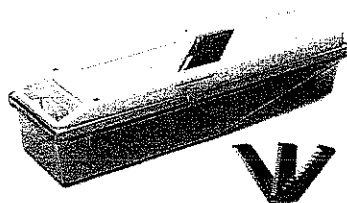
Let's face facts—if you cook with regularity, you're bound to cut yourself on occasion. Even well-maintained knives and careful attention can't prevent all accidents. That's why the Forschner gloves are so valuable. Meant for workers in the food service industry, these come in handy when you do a lot of chopping, carving, or slicing. They are made of a synthetic fabric that resists the knife blade. Though thoroughly protective of your hands, the gloves are not bulky, and you can still get a good tactile sense of the ingredient you're cutting. There are four types; the one we show you is the lightest in weight and best suited to home use. Forschner

gloves are ambidextrous and come in five sizes, from extra small to extra large. They are also machine washable and bleach safe.

be quite as impressively industrial-looking, but beats its rival in ease of use. Built around a sturdy fiberglass frame, this mandoline is so simple that the user's manual is almost unnecessary. The slicer adjusts with a knob underneath that measures the thickness of your slice in both inches and millimeters. The reversible slicing blade, with a straight edge on one side and a serrated edge for waffle cuts on the other, is built into the unit. Included are three additional blades that slide into the side and lock in place. Our only criticism is that the Matfer's vegetable pusher-safety guard is not attached (as in the Bron carriage) but floats freely, increasing the risk of slips and making it difficult to hold irregularly shaped vegetables. Nevertheless, for home use, the Matfer mandoline is our most highly recommended choice. It's a good idea to use your mandoline on a large cutting board, not directly on a countertop, or to place a bowl underneath the mandoline to catch the slices as they fall from the

blade. It is approximately 15½" long, 5" wide, and stands 8½" high.

4.6 JOYCE CHEN ASIAN MANDOLINE PLUS



Like many home cooks, some professional chefs find the larger, more professional classic mandolines too awkward to use in their small kitchens. For fast slicing and fine juliennes (and easy cleaning), their secret weapon is a Japanese-made mandoline cutter like this one from Joyce Chen. A simple device compared to most French mandolines, the Mandoline Plus is nothing more than a plastic tray in the middle of which lies a razor-sharp straight blade set at an angle. To change the thickness of your slice, which can range from paper-thin to ¼", all you

A TANGLE OF TART GREENS

4 servings

This is a wonderfully simple and versatile garnish or accompaniment. We use it with duck, venison, roast pork, sausage, or even soft-shell crabs. In the winter months it can take the place of a green vegetable. The crunchy texture of the cabbage makes chewy foods seem tender.

½ head savoy cabbage
1 strip thick bacon or
2 strips thin, diced
½ large red onion, thinly sliced
1 tablespoon mustard seeds
2 tablespoons sugar
¼ cup white wine vinegar
½ bunch watercress,
coarse stems removed
freshly ground pepper to taste

- 1 Core and coarsely shred the cabbage with a sharp knife or mandoline.
- 2 In a 10" skillet, sauté the bacon over medium heat until lightly browned. Add the onion and cabbage and sauté until the cabbage begins to wilt. Add the mustard seeds, sugar, and vinegar and cook until the cabbage is tender but still crisp.
- 3 Remove the skillet from the heat. Toss in the watercress and season with pepper. Serve warm.

The Inn at Little Washington,
by Patrick O'Connell

have to do is adjust a knob on the side that moves the front of the tray up or down. Simply stick the fruit or vegetable on the finger guard and slide it down the tray and over the blade; the perfect slice falls into the plastic container below. The cutter also comes with three sizes of julienning blades that produce strips ranging in width from hair-thin to ¼" wide. The Japanese use the Mandoline Plus for making garnishes as well as all kinds of salads and pickled vegetables. It is approximately 4" wide, 12¾" long, and 3" thick.