

ICONOCLAST

Very interesting info from Dr Mercola. I bought some knives from a guy doing a demonstration in a store in Inverness Scotland about 10 years ago "The Worlds Sharpest Knives" made with surgical steel. He was using one of the knives to cut in grooves into a steel claw hammer fixed in a vice and then cut thin slices of tomato with it. They even double up as toenail cutters when I can't find the clippers

Posted On 06/05/2017

Almond

I am afraid I am partial to my old knives. Some of the best could not be replaced nowadays. They were made by hand from old sawmill blades and riveted together. We use the for butchering and hide skinning. These are large knives. I also have a small butchering knife with a walnut handle, very old--I use it for trimming smaller cuts of meat when preparing meals. I purchased most of my smaller knives for pennies at second hand stores. (I think they set aside any exceptionally good cutlery and resell it to specialty markets, but every once and a while, they overlook something good and it slips through.) I have a petit little knife with a rosewood handle that I use for fruit. My paring knife is very old, but I have never found another knife that fits my hand as perfectly. We used to give a single butchering knife as a wedding gift. Most people we knew either butchered domestic meat or hunted. Even vegetarians need good butcher knives to cut a squash or big melon. Now, so few people do much cooking anymore.

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blueberre

Making knives was once an art. I recently purchased a small ceramic paring knife that was ok. After a month or so of use, I had noticed a small chip in it. Wasn't happy with the thoughts of where that chip ended up. I've only ever seen a plastic knife that came with a Tupperware salad set years ago. Of course we know the dangers in plastics, from BPA's to environmentally polluting. I'll probably stick with my old knives also.

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grulla

Same here, I purchased a large, old time, heavy "soft" steel kitchen knife at a garage sale about 50 years ago for pennies on the dollar. There is no manufacturer's name or TM brand stamped on this kitchen knife, and is made of low grade carbon steel, but seems to hold an adequate edge none-the-less, when sharpened occasionally. The wood handle is surrounded on 3 sides to the blade's shank and attached with 3 large, flat brass rivets. I use it for slicing, dicing, and chopping whole cabbage heads for my homemade coleslaw, slicing and/or chopping cheese, onions and garlic cloves, and much more. The "soft" carbon steel has a tendency to sometimes leave a little black carbon residue on the sliced cheese, but easily rinsed off when lightly rubbed under a cold running water faucet. This heavy knife has to be at least 75-80+ Y.O., an oldie but a goody...and a keeper.

Posted On 06/05/2017

InderVohra

This is very useful information. This is like "Halal" way of treating vegetables and fruits.

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iamblessediam

My "go to" authority on how to treat veggies is "Eating On the Wild Side" by Jo Robinson:
[www.eatwild.com/index.html]. Love, blessings and peace!

Guillermou

This 2022 review provides a brief overview of the research published over the past decade on phenolic compounds and antioxidant activity in fresh-cut fruits and vegetables. It is suggested that processing of fresh-cut fruits and vegetables as mechanical wound stress can be used as an effective way to improve the nutritional composition and function of fresh-cut products. The main phenolic substances include monophenol, phenolic acid, hydroxycinnamic acid derivatives, and flavonoids in the plant. Flavonoids also include flavonols, anthocyanins, and isoflavones.

Phenols have some functions of biological and pharmacological activities including antioxidant, anti-inflammatory, antitumor, antiviral, and antiallergic substances with potential health benefits, especially in the prevention and treatment of chronic diseases in humans, including neurodegenerative diseases and diabetes, prostate cancer, and cardiovascular diseases. Cutting activates the biosynthesis of phenolic compounds in fresh-cut fruits and vegetables, which defend and heal wound damage at the injured site or adjacent site. Many studies reported significant increases in phenolic compound content and antioxidant activity after cutting in different types of fresh-cut fruits and vegetables such as lettuce, celery, mushrooms, broccoli, carrots, onions, and mangoes.

Cutting processing of fresh-cut products induces rapid synthesis and accumulation of phenolics in a short time. The accumulation of phenolic compounds may improve the functional value of these fresh-cut products. The differences in phenolic contents of whole and fresh-cut fruits and vegetables are shown in Table 1.

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Guillermou

According to the above results, fresh-cut carrots, fresh-cut dragon fruits, and fresh-cut broccoli have 5.2 times, 2.1 times, and 1.9 times more than the content of whole fruit. Therefore, wound induction can be used as an effective way to improve the nutritional composition of fresh-cut products. The larger the wound area of fresh-cut fruits and vegetables, the greater the intensity of damage to the cells of the fruit and vegetable, which will lead to a series of more significant changes in physiological and biochemical aspects. The phenolic content of dragon fruit with different types of cutting increased significantly within 2 days, that is, the whole fruit increased by 34%, the slice increased by 63%, the half slice increased by 78%, and the equal slice increased by 90%.

Table 2 showed the differences in the contents of phenolic compounds in fresh-cut fruits and vegetables with different cutting intensities. Fresh-cut carrots respond to wound stress by producing and accumulating caffeoylquinic acids, which are phenolic compounds (PCs) with potential applications in the treatment and prevention of chronic diseases including hepatitis B, diabetes, obesity, cardiovascular disease, neurodegenerative diseases, and HIV.

www.frontiersin.org/journals/microbiology/articles/10.3389/fmicb.2022... (2022).--

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