**HONING CHEAT SHEET**

– hone/steel after every other use

– at same angle, or slightly steeper, than sharpened angle—20° for Western knives, or 15° for Japanese.

– remember the two tricks for finding the angle

– always better to err being too shallow, then go steeper

– best on low table, at the level of your hips

– lock wrist and elbow to keep angle consistent

– avoid letting tip of knife slide off of edge of steel

– use barely more pressure than the weight of the knife itself

– alternate side to side

– 2 or 3 strokes per side; 7 or 8 max

– test sharpness—if not improved, tweak angle

– hand wash honing steel occasionally and wipe dry

**When to steel?**

– ideally, right before using, just a couple of strokes

– otherwise, once a week

– do it *regularly*