

Cutting board

Traditionally, the cutting board is a working area created by gluing strips of hardwood (often Maple), sanding the surfaces, and applying mineral oil as a finish. Functional (but, yawn-- blah)!

I have always thought that the designer of the cutting board probably never set foot in a kitchen because these boards have many shortcomings. For instance, they are difficult to lift from the counter because once the counter surface is wet, the board stays "glued" to the liquid. Another problem is that the board is difficult to grasp in order to lift it. While some have a groove on each side to use as a handle, these are useless if your hands are wet or if you have articulation problems in finger joints or wrists. Some boards include a slot cut out on each side of the board, but you still have to slide your fingers under the board to lift it.

Here is my solution: a cutting board with handles!

(made with sugar maple and purple heart):



1. Cut up the strips (the wood used is my choice—if you come by my shop, I have over 130 species of wood to choose from) as per below (dimensions illustrated are suggested—feel free to use your own...). Make sure that the strips cut are all precisely equal in length before gluing, as trimming will be impossible because of the protruding handle extensions.
2. Glue up the strips with "Titebond III" glue (It's the only glue that is polyvinyl based (allows flexibility with changes in ambient humidity so that the joints will not come apart with seasonal changes), is designated "food safe", is impervious to liquids (as opposed to other glues which are merely water resistant) and also has an anti-fungal agent).
3. Sand to 180 grit and finish with Mineral or Tung oil. I use Tung oil that has an "anti-U.V." agent so that the wood used does not change color over time.
4. Add some "legs" under each corner of the board (can be pegs or screw covers "Mushroom type caps").

