

Tips for Filleting Fish:

Sharp Fillet Knife

Cutting Board (use plastic or glass to reduce bacteria)

Newspaper

Wax Paper

Plastic container to put fillets

Paper Towels

Also recommended is household bleach for clean-up

1. Lay the fish on the cutting board. Grasping the fish's mouth, take fillet knife and position it just behind the side fin. Slice downward about a half inch keeping the rear of the knife blade up (watch your fingers!) Be careful not to cut into the fish's backbone.

2. Turn the knife blade towards the tail and continue cutting, staying on top of the back and belly fins. You'll feel resistance as you cut through the rib cage; but, be careful not to cut into the backbone. It's better to cut too shallow than too deep. It will be painfully obvious if you cut too close to the backbone to retrieve more meat. It will feel like you're cutting through wood and your fillet will be full of backbone. If you get too ambitious and cut completely through the fish, well, you're on your own. Continue your cut towards the tail, almost cutting the scaly fillet off, but not quite.

3. With the fillet barely attached to the tail, flip it away from the fish. Position your knife onto the narrow portion of the fillet, and while holding the fish, slice the meat from the fish's skin. To obtain the maximum meat, cut very close to the skin, but if you want a less 'fishy' taste, cut only the upper white meat from the skin, leaving the red meat attached. When the fillet is removed, place it, with ribcage still attached, on a sheet of wax paper.

4. Flip the fish over and fillet the other side.

5. Take each fillet, and with the tip of your fillet knife carefully cut out the rib cage. To retrieve the most meat, angle your knife and slice close to the ribs.

6. Put the finished fillets into your plastic container and rinse them under cold water. If you plan on eating them that same day, the fillets are ready to cook. If you plan to keep them until the next day, rinse to clean and cover with about one inch of water. Add one teaspoon of salt to prevent a fishy taste. To keep them long term (up to six months) get the fillets good and wet (keeps them from sticking together and getting freezer burn), wrap them in aluminum foil, and place them in your freezer.