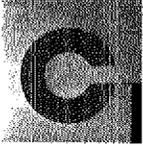


## Dressing Finfish

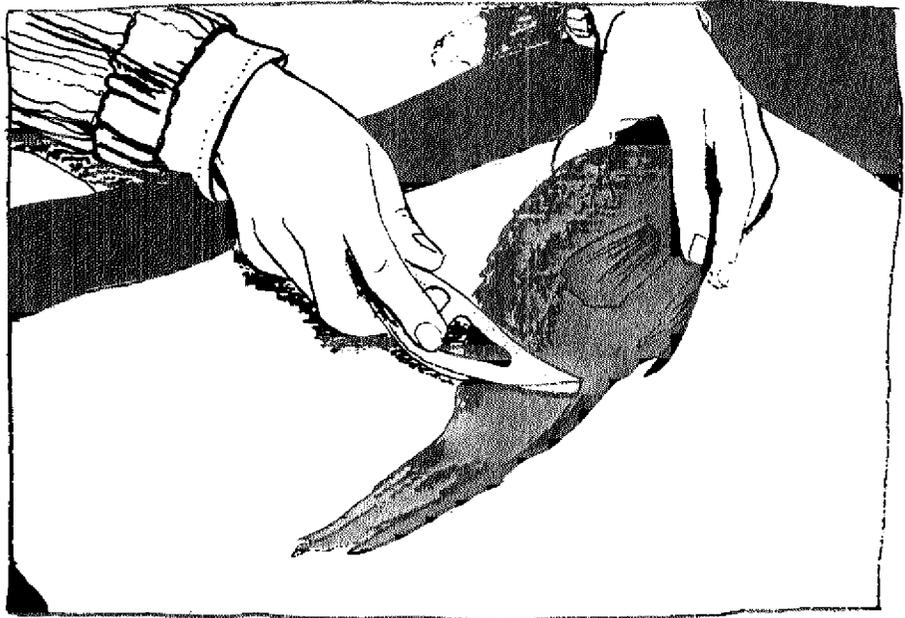


leaning and filleting fish is not difficult. All the equipment you need is a good, sharp knife, an inexpensive scaler and a cutting board or other flat surface. By carefully following a few simple steps, you can dress your own fish for use in your favorite recipes.

## Filleting a dressed fish

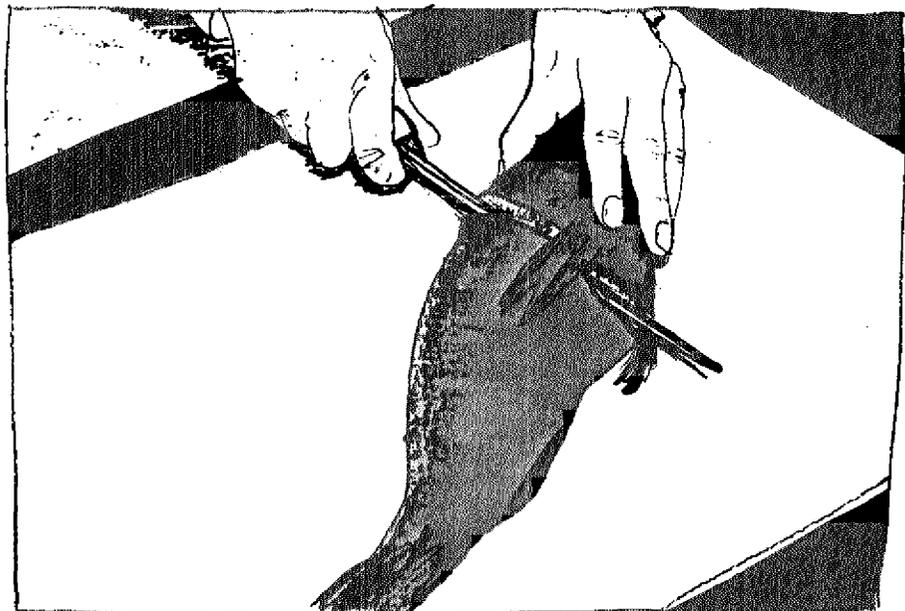
1

Place fish on a flat surface, and with scaler or dull side of knife, scrape off scales, moving from tail to head.



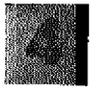
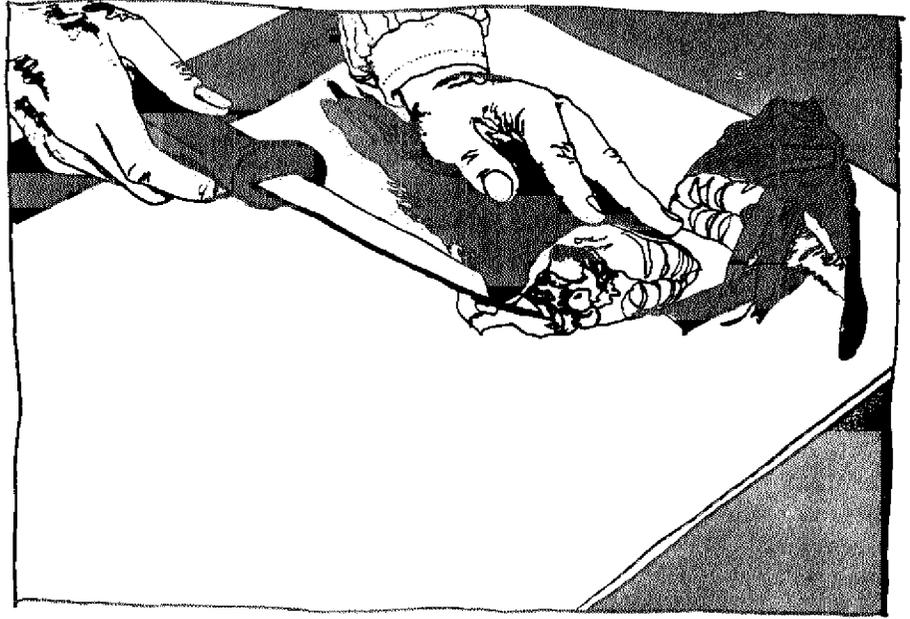
2

Remove the head and pectoral fins by cutting through fish at a 45° angle just behind the collar-bone.

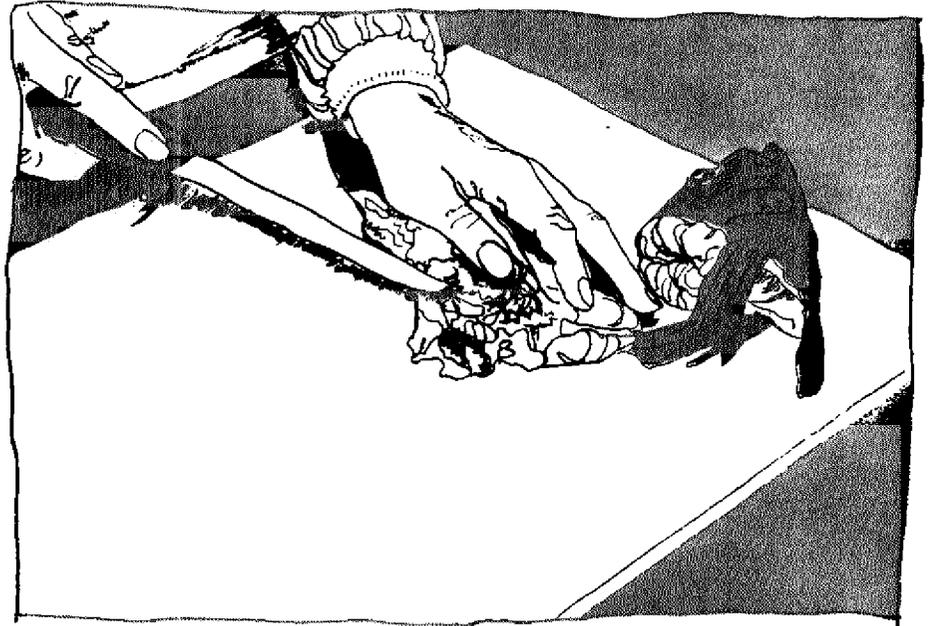




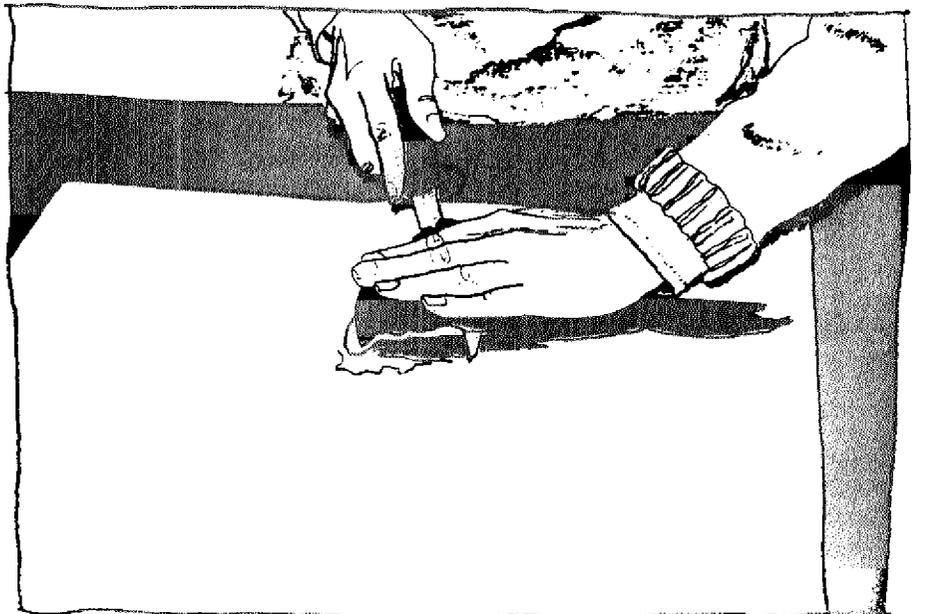
Cut the entire length of belly from tail to head.



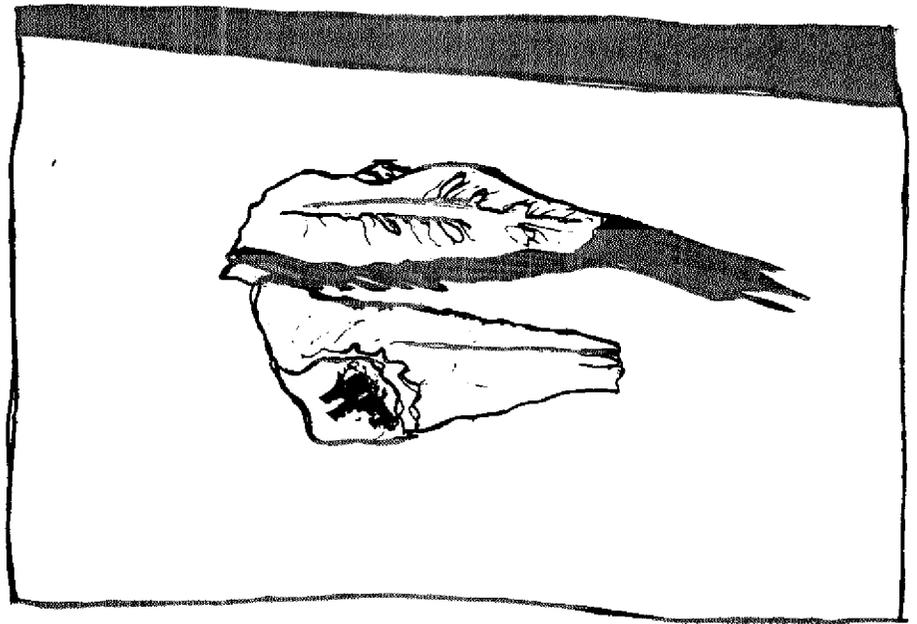
Remove viscera and all black membranes and blood, particularly the blood streak running along the backbone. Cut around pelvic fins and remove them. Rinse well under cold, running water.



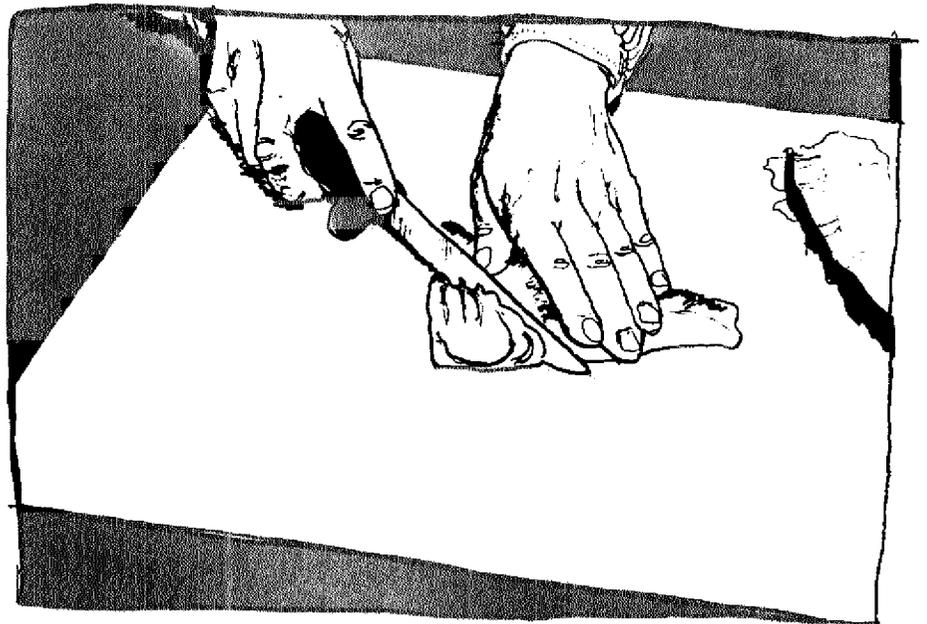
Slice along the backbone to the tail, keeping as close to the bone as possible.



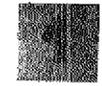
One side of the fish is filleted.



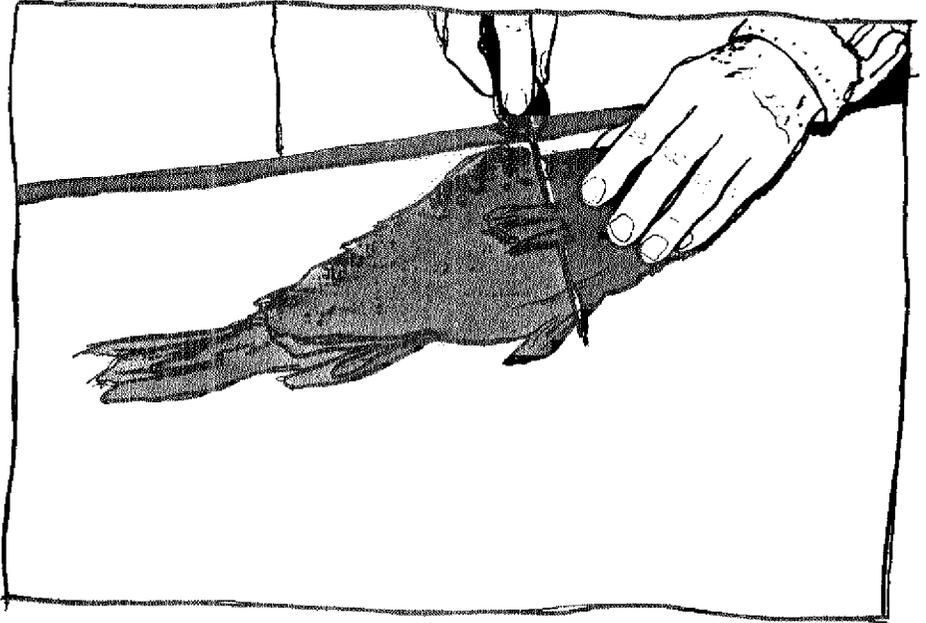
Remove the rib section, if desired, for a completely boneless fillet. Rinse the fillet under cold, running water. Turn the fish over and repeat cut on the other side.



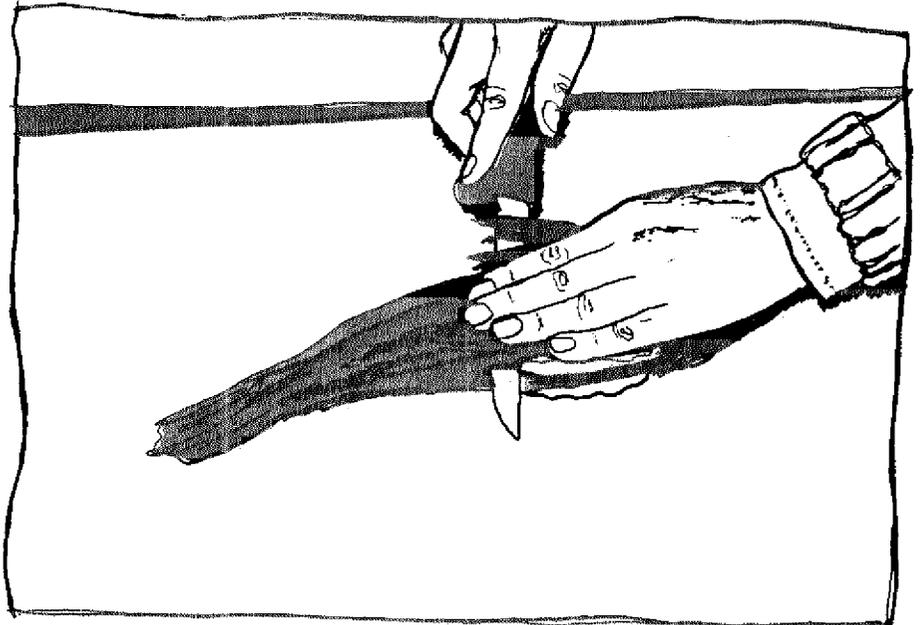
# Filleting a whole fish



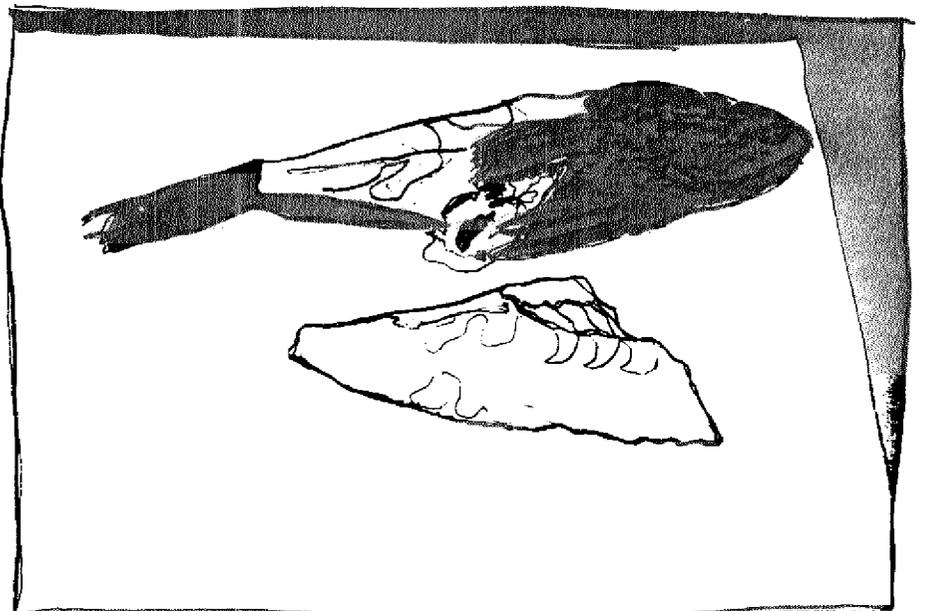
It is not necessary to dress fish before filleting, but the yield will be slightly less. Scale the fish. Then, at the pectoral fin, cut into flesh at a  $45^\circ$  angle toward the head until you reach the backbone.



Turn knife and follow backbone to the tail. Some people prefer to reverse this and cut toward the head.



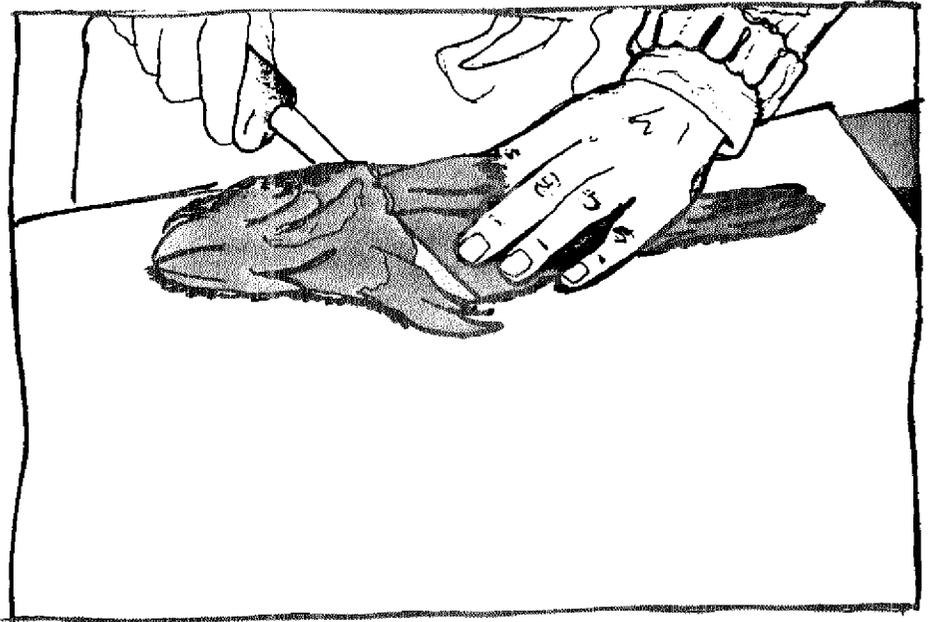
Either way produces a good fillet.



# Making butterfly fillets

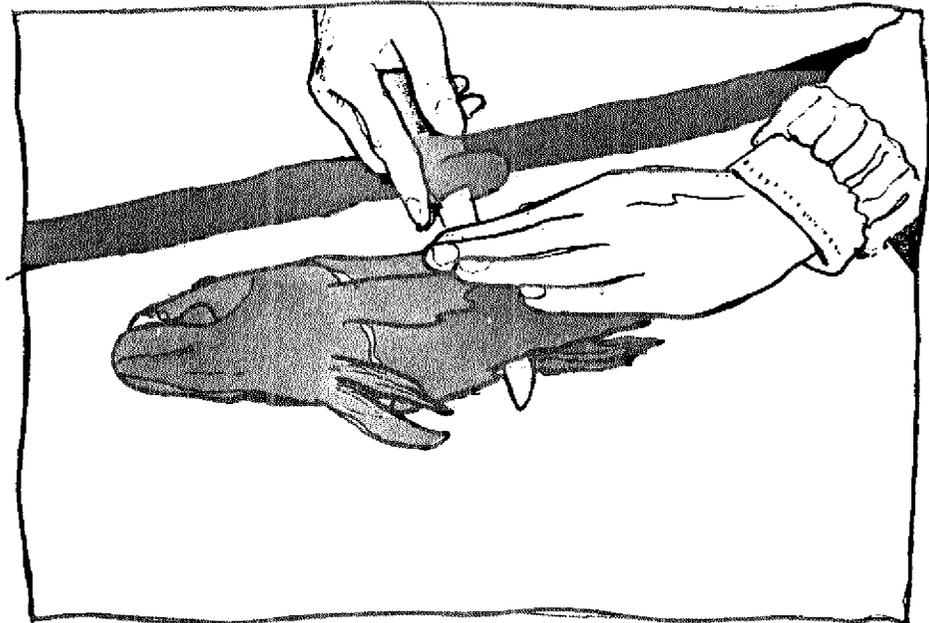
1

To make butterfly fillets, make a  $45^\circ$  cut behind the head.



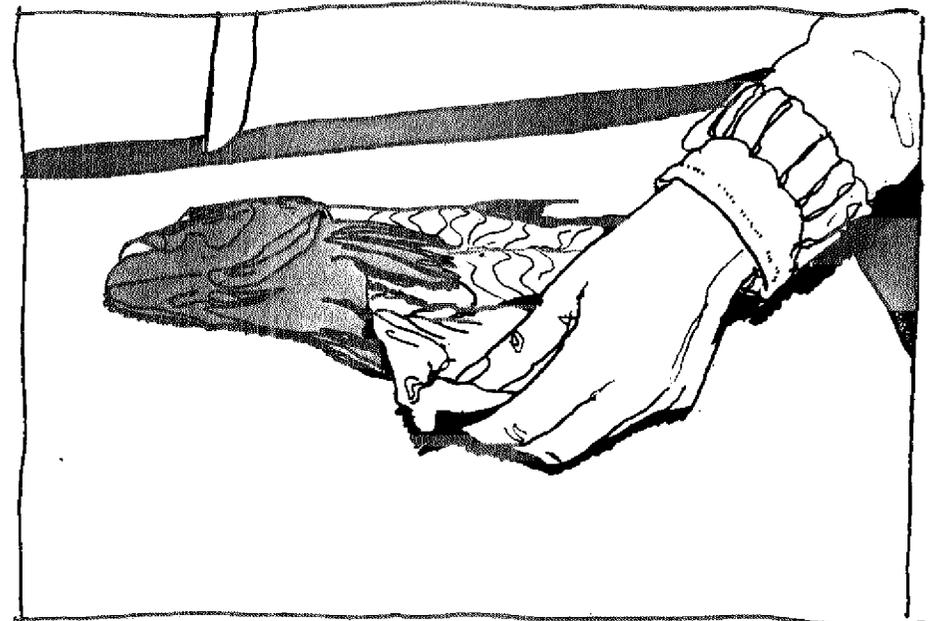
2

Fillet one side, but...



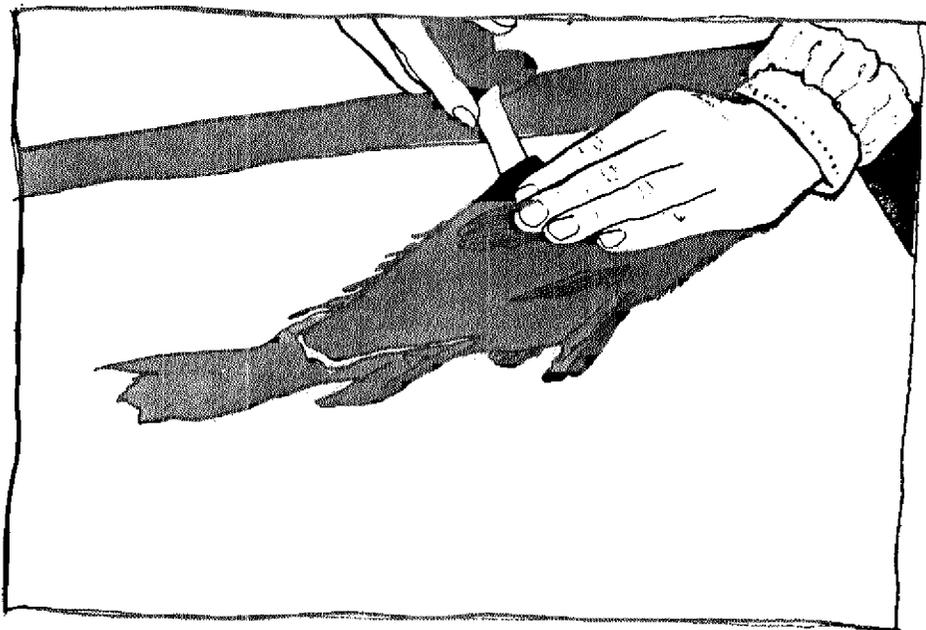
3

Do not separate skin and flesh at the belly.



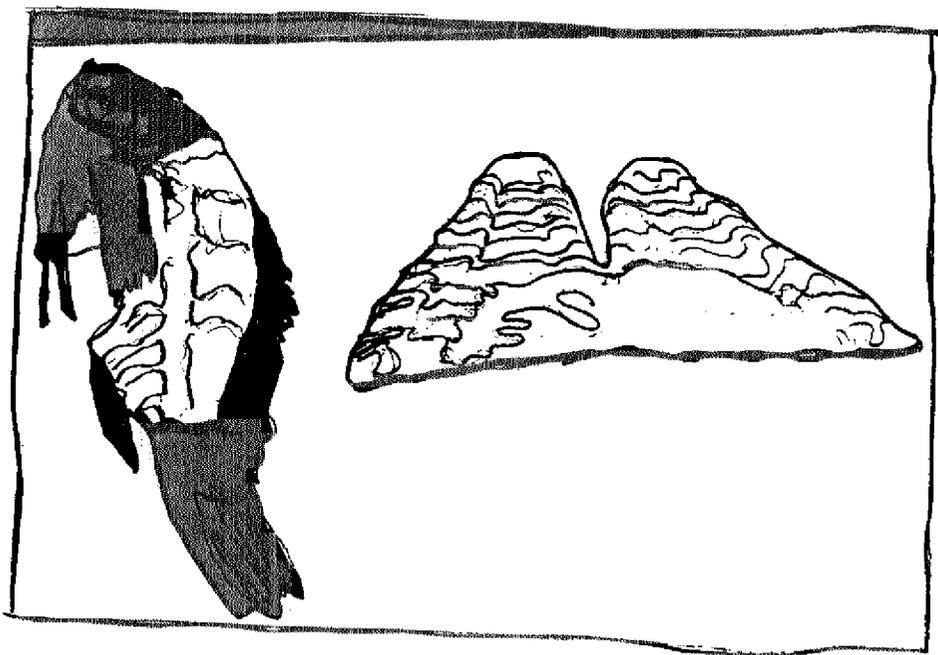
4

Turn the fish, and fillet the other side, continuing to leave belly area intact.



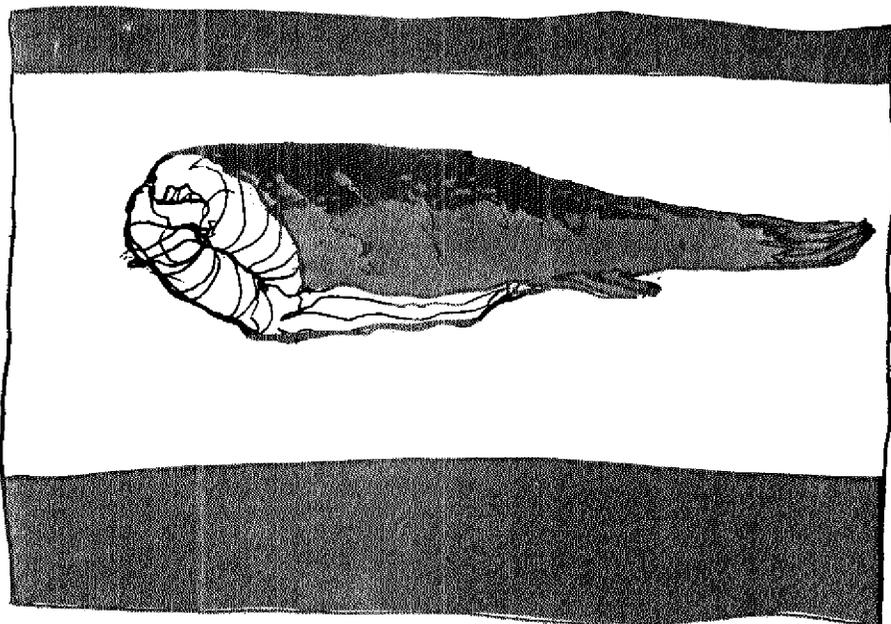
5

These are completed butterfly fillets. Rinse well under cold, running water.

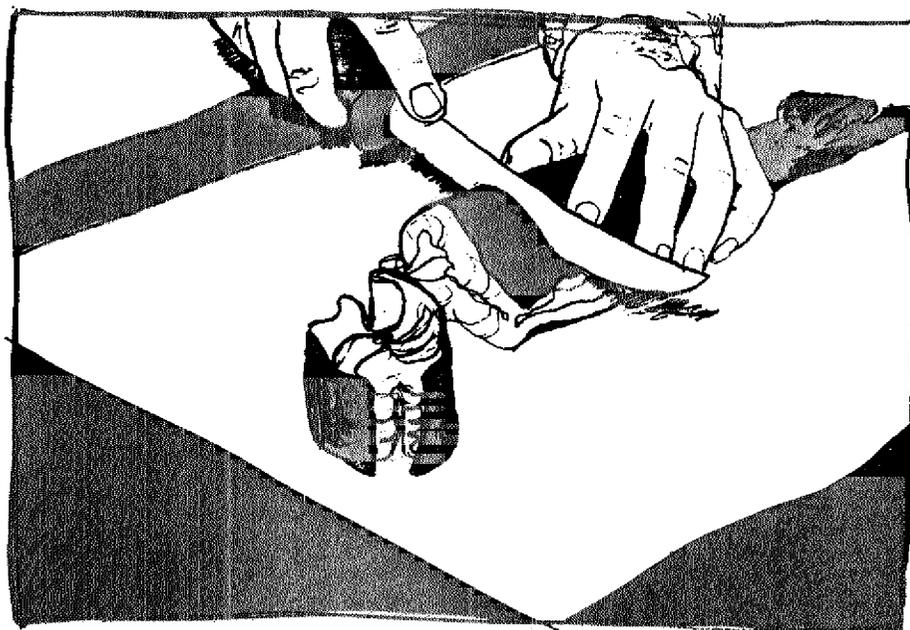


# Steaking a fish

1  
Large fish may be steaked. Scale, head, and eviscerate the fish.



2  
Cut crosswise, severing the backbone, into  $\frac{5}{8}$ - to 1-inch steaks. You may need a saw for very large fish.



NATIONAL SEA GRANT DEPOSITORY  
PELL LIBRARY BUILDING  
URI, NARRAGANSETT BAY CAMPUS  
NARRAGANSETT, RI 02882

RECEIVED  
NATIONAL SEA GRANT DEPOSITORY  
DATE: DEC. 3 1986

UNC Sea Grant Publication UNC-SG-86-10

This brochure was prepared by Joyce Taylor, UNC Sea Grant's seafood education specialist. For more information, contact her at the North Carolina State University Seafood Laboratory, P.O. Box 1137, Morehead City, NC 28557.

For a copy of this brochure, write UNC Sea Grant College Program, Box 8605, NCSU, Raleigh, NC 27695-8605. Ask for publication number UNC-SG-86-10.