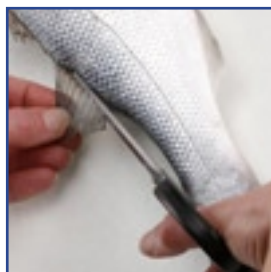


Preparation Guide

De-Scaling Fish



1. Before descaling the fish remove any sharp fins with scissors. Hold the fish under cold running water.



2. Scrape the knife from the tail to the head. Running the cold water will help stop the scales flying everywhere.

Every little helps