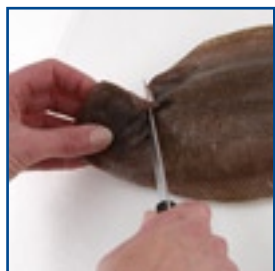


Preparation Guide Filleting Flat Fish



1. Insert the knife under the head. Cut around the head in a semi circle.



2. Remove the tail and fins with scissors. Insert knife just before the back bone for about an inch.



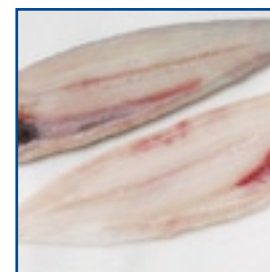
3. Once inserted, tilt the knife down and gently cut towards the edge.



4. Continue to insert the knife and tilting towards the edge until you reach the tail end. Repeat on the opposite side of the fish.



5. Hold the tail. Score the knife along the backbone whilst gently tugging the flesh. Try not to saw with the knife, as this will leave marks on the fillet.



6. Remove roe and any debris.

Every little helps