

Preparation Guide

Filleting Round Fish



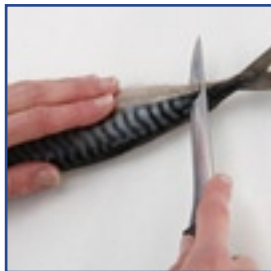
- 1.** Remove the head. Have the back of the fish facing you. Insert the knife on top of the bone.



- 2.** Use the fins as a guideline, the knife should glide along the top of the bone above the fins.



- 3.** Remove top fillet.



- 4.** With the back of the fish facing you, cut into the tail. When you hit the bone with the knife flatten the knife.



- 5.** Glide along the fillet, keep knife flat on the top of the bone using the fins as a guide.



- 6.** Remove blood and scrape off any unsightly matter.

Every little helps