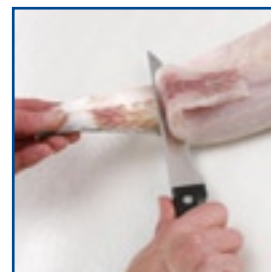


Preparation Guide

Skinning Fish



1. Cut through the flesh gently from the tail end without cutting the skin.



2. Move the knife from side to side. Gripping hold of the skin and pulling towards you at the same time.

Every little helps