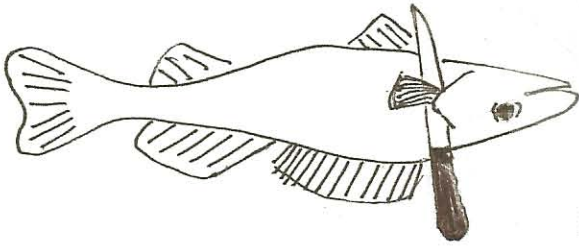
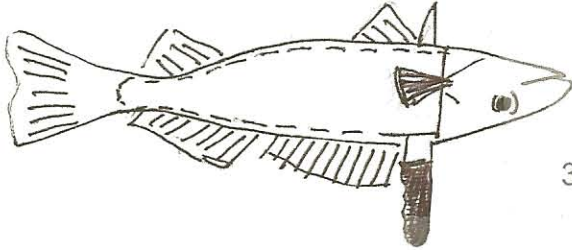


How To Fillet a Fish



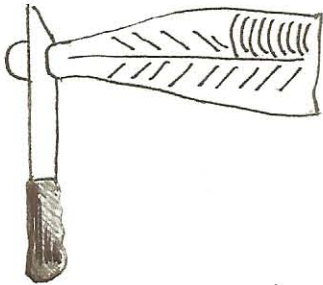
1. The first cut should be behind the gill and front fins. Angle the knife toward the fish's head so you don't waste part of the fillet. Cut down to the backbone without cutting through.



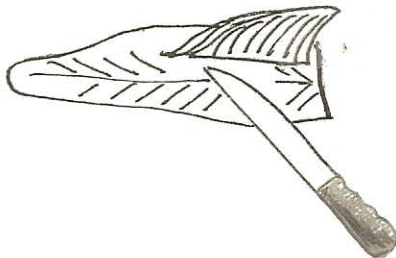
2. Feel for the hard backbone and cut along the backbone toward the tail. Be sure to cut through all the rib bones, but don't cut through the backbone.

3. Turn the fish over and follow steps 1 and 2 (fillet the other side using the same method).

4. Place the fillets skin side down. Starting at the tail cut the meat off of the skin.



5. Next you will need to cut the rib cage off of each fillet. Take your fillet knife and go under the rib bones from the top to the bottom, cutting rib bones free. You will want to keep the knife **RIGHT UNDER** the bones, so you can conserve most of the fillet.



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