



How to Filet a Fish

By Rol Campbell

Step 1



Lay fish on a non-slip flat surface with right side down, head in gloved left hand. With your razor sharp fillet knife, cut the back of the gills down to the backbone from belly to top.

Step 2



With point of the knife, slice from mid-dorsal fin down to the rib cage parallel to the backbone. Slice toward head to meet the first cut.

Step 3



Return to mid-dorsal cut and slide knife straight thru the fish behind the rib cage and thru the belly. Saw along backbone all the way to the tail.

Step 4



Lift filet at the rib cage and gently peel the filet away /around the rib cage with short careful strokes. Continue until the filet is free from the carcass.

Step 5



Lay filet flat and cut a “V” to remove “Y” bones – two cuts from mid-filet to front of the filet about $\frac{1}{2}$ inch wide at the front.

Step 6



With your left hand, hold the skin at the tail of the filet and saw the skin loose with the knife, flat and slightly angled toward the skin.

Step 7



Admire your boneless filet! Turn the carcass over and repeat form the left half.