



LESSON 4

SEAFOOD TIPS: SELECTING, BUYING, HANDLING, STORING, AND COOKING

ACTIVITY:

BUTTERFLY FILLETING - TROUT

1. Fillet boards are easy to use if you have one, otherwise use a wooden or plastic cutting board.
2. Place the fish on the board belly up, tail in.
3. Insert the knife behind the ribs, along the base of the backbone, and work the knife up and out, as close to the ribs as possible.
4. Once you reach the anal fin, keep the knife as close to the fin as possible and continue cutting back to the tail.
5. Repeat the process on the other side of the fish.
6. Make a cut, down and in toward the backbone, the length of both sides. You should feel and hear the knife cutting through the small pin-bones.
7. Cut the frame from the tail using cutters. If cutters are not available, the bone can be broken by hand.
8. Fillet can be washed under cold water, or washed in ice water.

Filleting does not remove all the bones from fish. The pin bones, which connect the frame to the muscle, are still present. Pin bones are located along the length of the fillet and can be found by gently running the tip of the knife along the muscle. Pin bones can be removed by cutting out the section of muscle where they are located, pulling them out with pliers, or by using a pin bone remover. However, pin bone removers are expensive, so most people do not have them. Removal of pin bones is not a must for a satisfactory eating experience. Most fish are cooked, and pin bones removed during the meal. When eating smaller fish, you can eat pin bones. For a more complete illustration, see "Trout Processing" at the following web site: <http://aquaculture.ext.wvu.edu/r/download/53452>