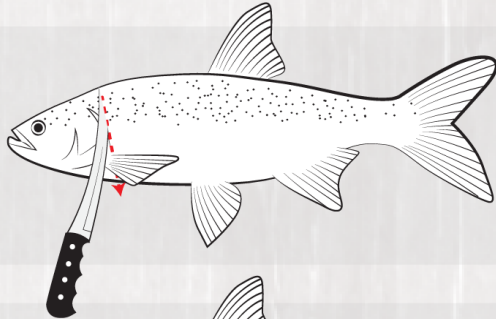


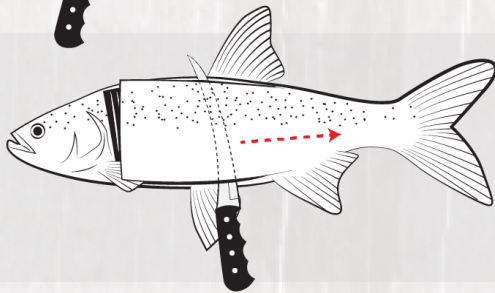
FILLET TECHNIQUE

FOR
SALMON & TROUT

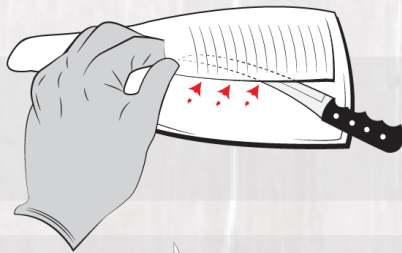
ALSO LARGER
WALLEYE,
STRIPER, ETC.



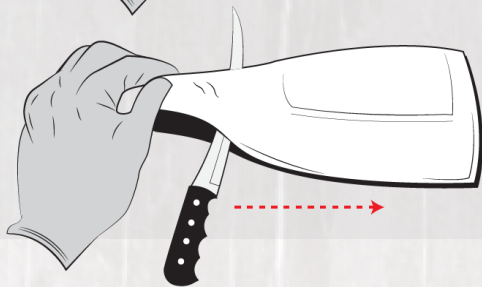
1 | Hold the fish's head down against the board with your gloved off hand. With the curved portion of the blade, a couple of inches back from the knife tip, make a cut from above the top of the gill plate down and back on a straight line that comes behind the pectoral fin. Make the cut in one slice, pulling the knife handle back toward you. Use care not to cut through the backbone, just down to it.



2 | Place the length of the blade into this cut with an inch or so of the tip protruding from the top of the fish. Turn the blade toward the rear of the fish so there is some pressure against the backbone. Make the cut toward the back of the fish using a smooth, short, sawing motion. Continue the cut all the way through the tail. The rib cage will come away with the fillet.



3 | Flip the fish and repeat steps 1 and 2 on the other side.



4 | Lay the fillet on the cutting board, skin down, with the belly away from you. Carve the rib cage away following as closely as possible to the ribs with smooth slices away from your body.

5 | Lay a fillet skin side down on the cutting board. Hold the tail or the very back edge of the fillet with your off hand, and carefully slide the edged of the knife between the flesh and the skin. This is where the sharp, flexible blade of the knife is critical. Flexing the blade so it is flat with the skin and the cutting board, slide the knife toward the front of the fillet separating it from the skin.

EQUIPMENT

CUTTING BOARD - the bigger the better. Surface should be smooth to allow for easiest skinning and cleaning.

VACUUM SEALER - for any fillets you're not going to cook and eat immediately, vacuum sealing is by far the best way to preserve quality in the freezer for the longest time.

TRASH RECEPTACLE - for entrails.

FILLET KNIFE - must have a flexible blade that will hold its edge. Grip of hard material such as wood, plastic, etc. is desirable as it provides the best feel. Some filleting techniques especially require "feel" which soft grips inhibit. Shorter blades are also more sensitive, but for filleting it's better to have a blade that's too long rather than too short; 8- to 10-inch blades are most common.

FILLETING GLOVE - the same kind of glove used in commercial meat processing prevents nicks and cuts to the off hand and enhances grip on slippery fish and fillets.

SOURCES:

PAUL POWIS, BASS PRO SHOPS, THUNDERMIST LURES

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