

Choose safer fish from the Cape Fear River.
Some fish may contain contaminants
that can harm health.



Visit bit.ly/eatsafefish
or call 919-707-5900

How to Fillet a Fish to reduce contaminants stored in fat

1. MAKE A SINGLE CUT WHERE THE HEAD ENDS & THE MEAT BEGINS, ALL THE WAY THROUGH.



DIAGONAL CUT BEHIND FIRST FIN.

2. INSERT THE KNIFE IN ABOUT AN INCH, & RUN THE KNIFE DOWN THE SIDE OF THE DORSAL FIN.

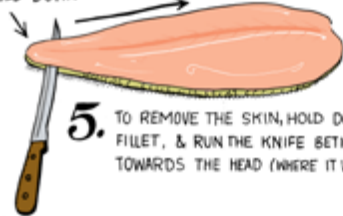
3. ONCE YOU PASS THE DORSAL FIN, PUSH THE KNIFE ALL THE WAY THROUGH. USE DOWNWARD PRESSURE & CUT ALL THE WAY OUT TO THE TAIL.

REPEAT STEPS 1-3 ON THE OTHER SIDE



4. MAKE SEVERAL STRAIGHT & SHALLOW CUTS TOWARDS THE TAIL, TO SEPARATE THE FILLET FROM THE CARCASS. DON'T USE MUCH PRESSURE OR YOU WILL GET BONES IN YOUR FILLET. REPEAT ON THE OTHER SIDE.

HOLD DOWN



5. TO REMOVE THE SKIN, HOLD DOWN THE TAIL END OF THE FILLET, & RUN THE KNIFE BETWEEN THE SKIN & MEAT TOWARDS THE HEAD (WHERE IT WAS, AT LEAST.)