

Fillet Fish

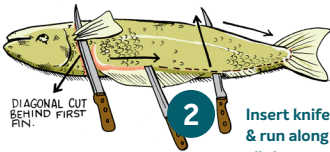
to remove PCBs and dioxin
contaminants stored in fat.



**Instead of cooking fish whole, cut off fat
and skin to remove chemicals like PCBs.**

1

Make a single cut where the head ends
& the meat begins, all the way through.



2

Insert knife about 1 inch
& run along side of dorsal fin
all the way to the tail.

Repeat Steps 1-2 on the other side.

3

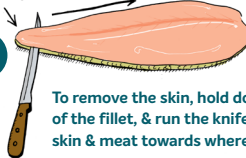
Separate fillet from the carcass with several straight
& shallow cuts. Don't use too much pressure or you'll
get bones in your fillet. Repeat on the other side.



4

To remove the skin, hold down
of the fillet, & run the knife between the
skin & meat towards where the head was.

HOLD DOWN



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

Visit bit.ly/eatsafefish

Call (919) 707-5900

Diagram by Heather Hardison Lettering & Illustration