

Angler Wayne's Advice

Fillet Your Fish The Following Way to Reduce You and Your Family's Exposure to PCBs, PBDEs and Chlorinated Pesticides:





Make the first cut down and into the fish just behind the pectoral fin.



Rotate the fish, start at the top or backbone of the fish use the tip of the blade, cut through the skin and along the backbone.



Continue cutting along the backbone to the tail.



Lifting the slab of the fillet, use the tip of the knife to begin to cut the meat from the ribs, following the curve of the rib cage.





The next cut to make will be the one that allows you to detach the fillet from the carcass.



Remove the skin from the filet. Hold the tip of the tail and slowly move the blade along the skin.





The fat which contains the contaminants is dark in color and is attached to the skin.



Fillet the other side of the fish the same way.



Filleting fish this way will reduce the amount of contaminants by 40 - 50%.