

Care of the Catch: Dressing a Fish

It is best to clean your fish at home with your parent's help. You will need a supply of fresh, running water.

Equipment:

- Pocket knife
- Disposable gloves
- Bag – to dispose of entrails
- Sink – for running water

Fishing Regulation—Field Dressing and Disposal of Fish:

It is unlawful to remove fish entrails while on shore or discard fish parts into waterways.

Here are the steps to dress a fish:

1. Cut the fish's "belly" from the vent to the throat.
2. Remove the entrails and gills.
Optional: the head can be removed and fins trimmed.
3. Rinse fish with cool water as you clean.
4. Keep the fish cold to avoid spoilage.

Optional: You may scale fish that have hard scales. Run a spoon or scaling tool from tail to head to scrape off scales on both sides of fish.

