

# Care of the Catch: Filleting

## Equipment:

- Fillet knife
- Sharpening stone
- Cutting board

Here are the steps to fillet a fish:

1. With an adult helper, lay a fish on its side on a cutting board.
2. Press down firmly on the fish with one hand and cut down the backbone along the **dorsal fin** from head to tail with a sharp fillet knife.
3. Starting from the top of the fish, cut with the knife parallel to the fish, running the knife along the ribs to avoid bones in the fillet.

Optional: Cutting boards with a spring-loaded tail clip help hold the fish in place.

