

Learn to Filet a Fish

1



Make the first cut behind the gill cover. Cut only until the knife touches the backbone. Do not cut through it.

2



Turn the fish and run the knife along the backbone and dorsal fin. Cut deep enough to skim the knife along the top of the rib cage.

3



When the knife blade no longer contacts the rib cage, push the knife through the width of the fish. The blade will exit on the bottom near the vent. Continue cutting along the bone until the filet is cut off at the tail.

4

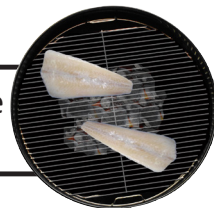


Remove the skin from the filet by inserting the knife at the tail and cutting the meat from the skin. Hold the filet in position by pressing down on the skin, with your thumb.

Remove any remaining visible fat from your fish filet at this time, too.

Fish filet images and instructions courtesy of the Ohio DNR.

Note: If you are grilling your fish, you may want to leave the skin on. Just be sure to poke holes in the skin so any fat inside the filet can drip away.



To learn more, visit Michigan.gov/EatSafeFish or call the MDHHS Environmental Health Hotline at 800-648-6942.



Get to know the 3Cs

By choosing the right fish and then cleaning and cooking it the right way, you can reduce some of the chemicals in the fish by nearly half!

1 Choose

CHOOSE fish that have fewer chemicals.

- Smaller fish tend to have fewer chemicals stored in their filets.**
- ****This trend does not apply to PFOS, so be sure to check the *Eat Safe Fish Guide* to see if PFOS is a concern for your catch.**
- Eat fewer fish that are bottom feeders (like catfish) and large fish that eat smaller fish (like walleye).
- Use the ***Eat Safe Fish Guide*** to find safer fish to eat from Michigan lakes and rivers.

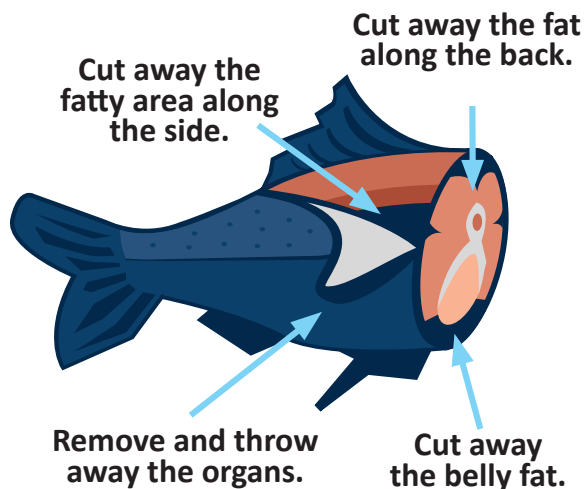


The *Eat Safe Fish Guides* can be found at Michigan.gov/EatSafeFish

2 Clean

CLEAN away the fat, skin, and organs of the fish to help cut out some of the chemicals.

- Some chemicals, like PCBs and dioxins are stored in the fat and organs of fish. By trimming away the dark fatty tissue and the organs, you can remove some of these chemicals from the fish.



MERCURY & PFOS: Mercury and PFOS can't be removed by trimming away fat. They are stored in the filets.

3 Cook

COOK fish in a way that gets rid of more fat.

Even after trimming away all the dark fatty tissue, some fat is still hidden inside the filets. To help get rid of chemicals found in the filets, you can:

- Poke holes in the skin or remove the skin so the fat in the filets drips away as it cooks.
- Cook your fish on a grill or broil it in the oven so the fat can drip away.

Catching fish • Buying fish • Eating fish

To obtain your free *Eat Safe Fish Guide*, call MDHHS at 800-648-6942 or visit Michigan.gov/EatSafeFish.

