

学习如何将鱼切片

1

从鱼腮盖背后开始切割。切至刀触到脊椎为止。不要切断它。



2

把鱼翻过来，沿脊椎和背鳍走刀。切得足够深，沿胸腔顶部拍刀。



3

当刀刃切过胸腔时，将刀横向推过鱼身。在肛门附近的鱼尾处收刀。继续沿鱼骨切割，直到在鱼尾处切下鱼片为止。



4

去除鱼片上的鱼皮，方法是将刀从鱼尾处插入，把鱼肉从鱼皮上切下来。用拇指压住鱼皮，固定住鱼片。此时还需要将鱼肉上面所有看得见的、残留的脂肪去掉。



注意：如果您要烧烤鱼，可以保留鱼皮。不过要注意在鱼皮上戳些小洞，以便鱼肉中的脂肪可以滴落流走。



有些化学物质积聚在鱼的脂肪里。通过去除脂肪并在炉排或烤架上烘烤鱼片，让更多的脂肪滴落流走，可减少一半的化学物质。不过，这种方法并不能去除汞，所以要明智地选择吃哪种鱼。

要了解更多信息：访问 www.michigan.gov/eatsafefish 或致电 1-800-648-6942



Michigan Department of Community Health



Fish file images and instructions courtesy of the Ohio DNR.

Crunchy Baked Walleye

Recipe by Melissa Freye
Muskegon, Michigan

Ingredients

3 pounds walleye fillets
1 cup milk or buttermilk
1 1/2 cups crushed corn flakes
3 tablespoons Parmesan cheese
2 tablespoons melted butter



Preheat oven to 400 degrees F.

Spray a baking sheet (with sides) with cooking spray or grease thoroughly.

Crush corn flakes & mix with Parmesan cheese.

First dip the fish fillets in milk, and then dip them into the corn flake mixture. Place the fish on the prepared baking sheet. Pour butter over fish.

Bake for about 20 minutes or until fish flakes easily with a fork. Enjoy!

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Fish Boil (aka Poor Man's Lobster)

Basil Walker
Eaton Rapids, Michigan

Ingredients

20 medium potatoes
20 medium onions
8-10 pounds of salmon, steelhead, lake trout, or whitefish
1 cup salt, divided
fresh lemons, cut into wedges
Drawn Butter (recipe follows)



Peel potatoes and onions, place in a large kettle, add 1/2 cup salt and cover with water. Bring to a boil and cook for 22 minutes at a fast boil. Add the fish fillets, skinned and chunked up in metal colander, and remaining 1/2 cup salt to the kettle. Cook for 8 more minutes.

Lift colander of fish out and rinse with hot water. Pour water quickly out of kettle and serve potatoes, onions and fish. Serve with lemon wedges and drawn butter.

Drawn Butter

In a small saucepan, melt **2 sticks of butter** over medium heat. Bring to a boil until the milk solids have separated and sunk to the bottom of the pan. Scoop out the clear butter from the top of the pan and serve in a warm cup.

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