



How to Fillet a Fish

Step 1: Gut the trout

Using a fillet knife, slice the belly of the trout from the hole near the tail to the gills. Be careful not to cut too deep, as you do not want to cut the organs. Remove the organs and set aside (these can be added to compost).

Clean blood from the spine of the trout under running water. The trout should now look like the one in figure 2 and figure 3.



Figure 2. Side of gutted trout



Figure 3. Inside of Gutted trout

Step 2: Cut the head off the trout.

Cut between the gills and the front fins. The head of the trout contains flesh that can be used in broths and soups.



Figure 4. Cutting the head off



Figure 5. The head cut off

Step 3. Starting next to the back fin on the underside of trout, cut through the tail.



Figure 6. Cutting through the tail



Figure 7. The tail cut through

Step 4: Remove the ribs

Insert the fillet knife just below the ribcage like in figure 8 below. The knife should be inserted next to the backbone and be gently worked outward to loosen the bones and detach them from the meat.

Starting near the head of the trout and moving toward the back, gently work the knife along the backbone. About half-way along the backbone there is another small set of ribs; gently run the tip of the knife under these to loosen the meat from them. You can use your fingers to easily feel the set of small ribs. continue to work the knife along the backbone until the entire fillet has been worked from the bone.



Figure 8. Detaching the ribs



Figure 9. Using your fingers to remove the ribs

Step 5: Remove the deboned fillet from the trout.

Lay the trout flat on your work surface. Cut the skin that attaches the fillet to the other side of the trout by cutting lengthwise from the head to the tail. Be sure to cut around any fins that are on the spine of the trout.



Figure 10. Cutting the fillet



Figure 11. Cutting the spine

Step 6: Remove the fin from the fillet.

Remove the fin from the side of the fillet by cutting around the fin. Use your fingers to feel for any remaining pieces of the fin under the skin (it will feel firm and tough). Cut off any pieces of fin you feel.

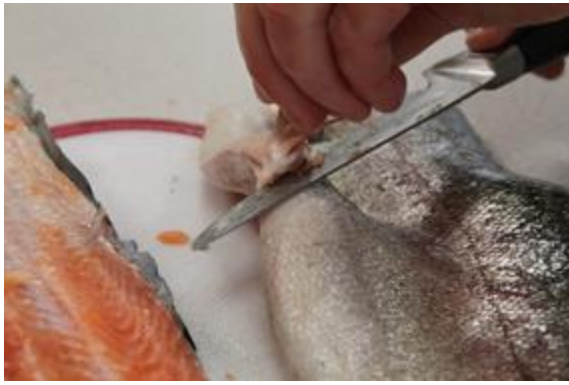


Figure 12. Removing the fins



Figure 13. A fin removed from the fish

Step 7: Repeat step 4 to 6 to debone the other fillet.

Step 8: Check the fillets for any bones that may remain.



Figure 14. Removing any final bones

Canadian Nutrient File Results for Filleted Fish

Nutrient Profile	
Name of fish	
Method of cooking	
Serving size	
Energy (kcal)	
Macronutrients	
Carbohydrate	
Total Fat	
Protein	
Fiber	
Vitamins and Minerals	
Calcium, Ca	
Phosphorus, P	
Vitamin D	
Choose one other:	

Table 3: Canadian Nutrient File Results

Nutrient Profile	
Name of food	
Method of cooking	
Serving size	
Energy (kcal)	
Macronutrients	
Carbohydrate	
Total Fat	
Protein	
Fiber	
Vitamins and Minerals	

Question 1: What do the foods with starch have in common?

Question 2: What do the foods without starch have in common?
