



Gutting a Fish

- Using a sharp knife slice the bottom of the fish open. Don't cut in too far and cut from under the head to the tail.
- Place the fish on its side and hold the knife at a 45 degree angle under the pectoral fin and cut in at 45 degrees meeting the previous cut at the bottom of the fish and stopping at the top when you feel the knife hit the spine.
- Do the same on the other side of the fish. This time after you hit the spine you can apply some more force and cut through the spine. You can now hold the body and pull off the head. The entrails should come with the head, if not pull out what's left inside the belly.





- You now need to clean out the inside.



- Open it up and scrape out the dark liquid along the middle of the fish. Make sure this is all removed with a cloth or tissue.





- Now that the fish is gutted we need to fillet it.
- Holding the fish slice along the top of the spine from the head to the tail, just enough to get under the scales.
- Gently glide the knife along one side of the spine (whichever side you are filleting) you are going to follow along the ribs by flicking the knife along cutting through the flesh as close to the bones as possible without cutting through them. Follow the bone until you have the fillet off.
- Do the same on the other side of the fish.





- You should be left with just the bones of the fish on the spine
- You are now ready to cook the fresh filets of fish. Onto a pan with a bit of lemon juice and some pepper for a few minutes each side and you're done.
- Less is more, delicious and bone free!

