



FILLET YOUR OWN FISH DEMONSTRATION HERE'S STEP BY STEP TO SEE HOW EASY IT IS!

These pictures were taken after a Fall trip to the green can [buoy] in front of Fort Niagara. [At the Bar] The cleaning station is at Fort Niagara Boat Launch. The fish being cleaned and ready for cooking is a great eating smallmouth bass.

Cleaning demonstration by Dan Daul



Final Fillet ready for the frying pan!

7



In this demonstration an electric knife was used. These knives make filleting easy. They are available in most area tackle shops. You can purchase either 110 volt units or if 110V is not handy, they can be bought using 12V with clips for your car or boat battery. Whatever you do, make sure you start with a good quality sharp knife.

This demonstration is on a smallmouth bass and is a practical way to clean most freshwater fish including salmon or trout. [Not pike]

1. Start with a nice clean legal size fish
2. Lay fish on its back and cut cross ways below belly fins
3. Turn fish on side and run knife horizontally and cut towards tail, cutting through rib bones to the tail. Stop there, leaving enough skin on to use for a handle later.
4. Stop when you get to the tail and flip fish over and do the same thing on other side.
5. Flip fillet again and grip the handle you left in step 3 and run your knife between skin and flesh. Pull the "handle" and push the knife rocking gently towards the tail end.
6. Remove bones at rib cage and you will end up with a nice clean fillet like in step 7.