

TOOLS



Scaler



Fillet Knife



Shears



Products of the U.S.A.

Rockfish

(*Sebastes*)

Season: year round

1 CLEAN: Rockfish usually come gutted and headless. Under cold running water, scale from tail to head, then wipe dry to prevent slipping. Be sure to anchor your board with a wet towel or mat.



2 FINS: With fin shears, remove the top and bottom fins by holding them up and cutting where they connect to the body. Be careful—the fins are sharp.



3 FILLET: Hold the fish flat with your palm and use the fillet knife to make a thin cut just above the top of the spine, running down the back. Repeat the motion, keeping contact with the spine, down to the ribs.



4 RIB CAGE: Angle the fillet knife to go over the ribs. Free the tail end, then follow the ribs back down, keeping as much flesh as possible. Flip the fish over and repeat.



- 5 SKIN:** Make a small cut at the tail, until you reach the skin, then grip the skin. Angle the knife toward the top of the fish and run it along the skin. After 1–2 inches, tug and wiggle the tail while moving the knife to separate the skin from the flesh.



Your sole fillets are ready to cook!

STORAGE

Put on ice for up to 48 hours.
Seal your fish with a Cryovac machine
or in a food storage bag.



SCAN

for a recipe of this
delicious Pacific
Northwest fish!