

TOOLS



Scaler



Fillet Knife



Shears



Slicer Knife



Products of the U.S.A.

Black Cod (Sablefish)

(Anoplopoma fimbria)

Season: March - Late November (*available frozen year round*)

- 1 CLEAN:** Black cod usually comes 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.



- 3 FILLET:** If the belly flap is closed, use your fillet knife to open it.



Place your slicer knife on top of the spine while holding the belly flap. Slide the knife along the spine in a gentle slicing motion, following the rib cage. Snapping sounds indicate good bone contact. Flip the fish and repeat on the other side.



- 4 REMOVE RIB CAGE:** Using the fillet knife, slide under the bones at the top of each fillet to remove the ribcage.



- 5 TAIL STEAK:** Feel where the pin bones end and cut through the skin to remove the tail steak. Set it aside.



Leaving the skin on is recommended—it crisps up wonderfully when seared.

- 6 PIN BONES:** Make an incision to one side of the pin bones and cut in a J-motion away from them to reveal one loin cut. Set aside.



Make an incision on the other side of the pin bones and remove them completely to reveal the second loin piece.



Repeat steps 4 - 6 for the other half of the fish.

STORAGE

Put on ice for up to 48 hours.

Seal your fish with a Cryovac machine or in a food storage bag.

Your black cod fillets are ready to cook!



SCAN

for a recipe of this delicious Pacific Northwest fish!