

TOOLS



Scaler



Fillet Knife



Shears



Slicer Knife



Products of the U.S.A.

Albacore Tuna

(Thunnus alalunga)

Season: Late July - September *(available frozen year round)*

- 1 CLEAN:** 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 GUT:** Cut about 1 inch deep just through the belly, from the anal vent to the pelvic fin. With shears or a knife, cut the back of the stomach and top of the esophagus, then remove.



- 3 FILLET:** Starting under the front fin with the slicer knife, cut diagonally (about 45°) toward the head until you reach the collar bones.



Make an incision down the back, tail to head.



While holding the belly down to keep the fish still, start at the cut behind the fin. Hold the knife horizontal and cut toward the tail, using the rib cage as a guide. Snapping sounds indicate good bone contact.



Repeat step 3 on the other side.

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



5 REMOVE THE BLOOD LINE: Using the fillet knife, locate the dark red line in the center of the fillet. Place the tip just outside the line and slice toward the skin without cutting through, making multiple passes if needed. Pull the fillet away to check your cut line.



6 REMOVE THE SKIN: Once you reach the skin, make a horizontal cut to separate the skin from the fillet.



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!