

TOOLS



Scaler



Fillet Knife



Shears



Tweezers



Products of the U.S.A.

Hake (Pacific Whiting)

(*Merluccius productus*)

Season: 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 FILLET:** Place the fillet 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.



Repeat step 2 on the other side and discard the spine.

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



- 4 PIN BONE:** There is a line of pin bones that you can remove by using your pin bone tweezers. Do this to both fillets.



Your hake 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!

