

## TOOLS



Scaler



Fillet Knife



Shears



Slicer Knife



Products of the U.S.A.

# Lingcod

(*Ophiodon elongatus*)

Season: year round

- 1 FINS:** With fin shears, remove the top and bottom fins by holding them up and cutting where they connect to the body.



- 2 CLEAN:** Lingcod usually comes head and gutted. 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.



- 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 a slicer or fillet knife, slide under the bones at the top of each fillet to remove the ribcage.



- 5 SKIN:** Using a slicer knife make a small cut at the tail, just to meet the skin, then grip the skin. Angle the knife toward the top and ride along the skin. After 3–4 inches, pull and wiggle the tail while moving the knife to separate the skin from the flesh.



- 6 PIN BONES:** Locate the pin bones by feel and slice along one side of them to remove them from your 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!