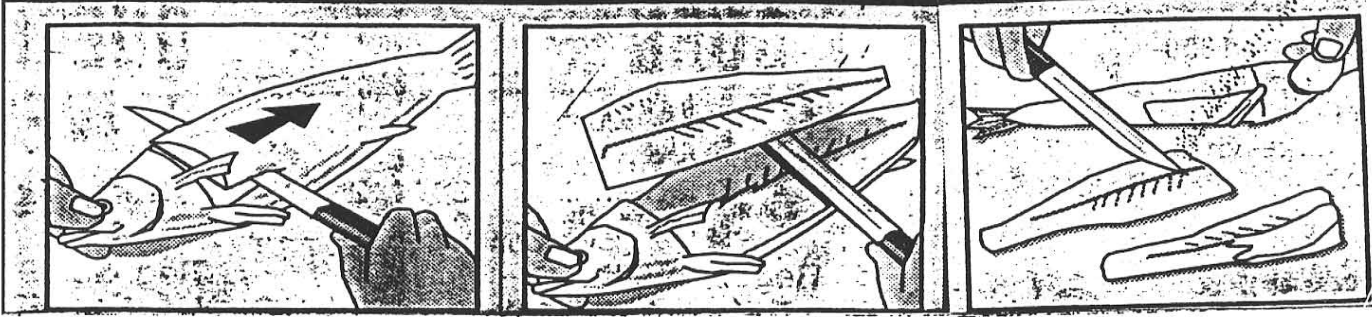


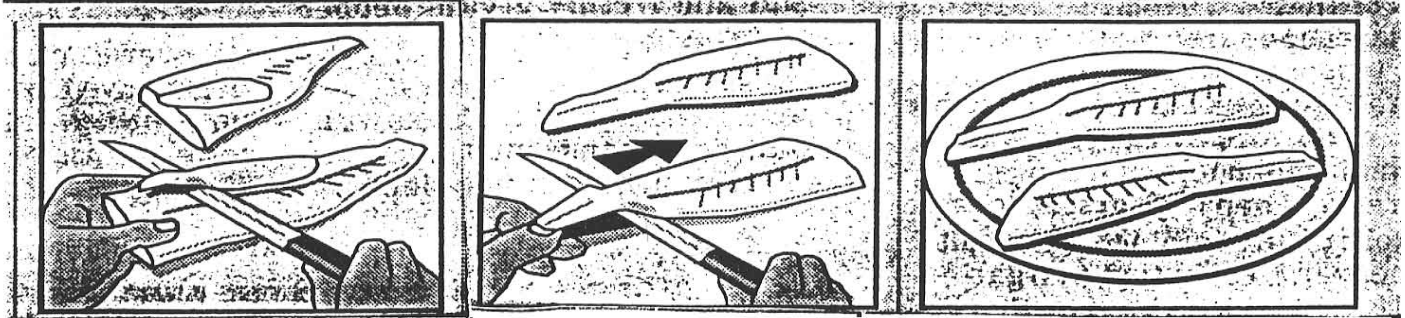
HOW TO FILLET A FISH



(1) MAKE THE FIRST CUT just behind the gills and slice down to the bone. Without removing the blade, turn it and slice straight along the backbone to the tail.

(2) AFTER SLICING THE fillet off the tail, turn the fish over and repeat the first step on the other side.

(3) REMOVING BOTH sides enables you to cut both fillets without disturbing the entrails for a fast and neat way to prepare fish.



(4) TO FINISH FILLETS, remove the rib section. Insert the blade close to the rib bones and slice away the entire section. Do this before removing the skin.

(5) TO REMOVE SKIN, insert the knife at the tail and cut the meat from the skin.

(6) NOW FILLETS ARE ready for the pan or freezer. Remember not to overwash fillets to preserve the tasty juices and to keep meat in its firm natural state.