

How To Gut And Clean Your Fish

If there's one thing I always had some trouble with, that's gutting and cleaning a fish.

Of all the skills I managed to master, this seems somehow the most elusive, probably because I'm not the biggest fan of cooking fish. I don't mind catching and eating it, but what's in between is what's been giving me headaches.

That's why I'm always looking for tips and tricks for making my job easier whenever hubby comes home triumphant from his [fishing adventures](#) (or the supermarket).

This is how I've stumbled upon this very cool infographic from [Fix.com](#) that I think you'll appreciate as much as I did.

HOOK TO COOK



SUBDUE YOUR Catch



Where to strike the fish



Where to cut the throat latch



Iki Jime Method

Hold the fish with one hand and then position the spike above the fish's eye.



After inserting the spike you should feel the fish convulse and then stop moving.

Keep in mind the position of the fish's brain will vary from species to species.

gutting & cleaning

1

Use the back of a knife, or scaling tool, to remove scales under water.



2

Insert knife into vent and slice up towards gills.



3

Remove entrails and gill assembly.



4

Gouge out kidney with a small spoon.



5

Rinse stomach cavity with water.



Filleting the Fish



#1 Cut down to the backbone just behind the fish's head, then turn the knife and cut down towards the tail. Repeat on the other side.



#2 Using your knife, remove the ribcage from the fillet.



#3 To skin the fillet, place it skin-side down, grip the tail firmly, and begin cutting at an angle from the tail forward.

or



If cutting into steaks, use a heavy-duty standard or serrated knife to cut at a 90° angle.

Let me know how you deal with this in the comments section below: do you have a hands on approach or do you let your significant other do the dirty job?

Interested in the best self-sufficiency solution during a food crisis? [CLICK HERE](#) to learn more!

*This article has been written by **Brenda E. Walsh** for [Survivopedia](#).*