

HOW TO CLEAN A FISH

Well, Cragman, it's time to deal with one of my favorite things, and that is fish. Now, understand I love fish, but I don't gut them. I tear them apart with my talons and eat the whole thing. But you will want to be a little more civilized than me, I suppose.

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EARN THIS NUGGET

Prepare two fish, whether bought or caught, for cooking and enjoy with the family.

LEVEL K

PERIOD 7

TASK 1

So, after you catch a fish, the fun begins. You have to do a little work before you can cook it. So, here is my best recommendation:

- You'll want to process the fish cold. If you have caught it, ice it, and process it within an hour of catching it. If you bought it, again put it in iced water as soon as you get home for ten minutes and process it before you store it.

- This is going to be messy. For that reason many people prefer to do this outside. Whatever your situation, set up a station you will be able to clean up afterwards.

- Gather the stuff you'll need: a sharp knife, gloves if you are squeamish, and a receptacle for the stuff you will be throwing away. Also consider a butter knife to remove scales.

- Scaling the fish is the first job. With the butter knife, scrape it from tail to gills. Experiment with pressure. The scales should pretty much fly off. Work both sides, and under the throat, to get all the scales removed.

- Rinse off to get rid of loose scales with a hose or under a faucet.

- Non-scaled fish will need a pair of pliers to pull the skin off. Make a cut at dorsal fin to tail and peel the skin off between the head and tail.

- Insert your knife at the bottom of the fish close to the tail and cut up to the heart. Spread the cavity with your fingers, pull the innards out, and dispose of them.

- Rinse out the cavity and cut off the head. You are ready to cook.

