



STYLES OF FISH CUTS



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STYLES OF FISH CUTS

1. Whole/round: The whole part of the fish is intact

Preparation: Fish (Small and medium sized) has to be undergone proper washing* in potable water, drained and packed suitably in LDPE pouches or trays. Always keep the temperature of the fish below 4 °C.

***Washing:** Washing is intended primarily to clean the fish so as to remove the dirt, debris and accumulated bacteria. The effectiveness of the washing procedure depends mainly on the ratio of fish to water volume and on the water quality. A proper fish: water volume ratio is 1:1 for achieving the desired level of cleanliness, however in practice more water is usually used (two-fold). Potable water should be usually used for washing.



2. Drawn fish: Fish whose internal organs are removed by slit open/ cut the belly wall and the entrails pulled out



Preparation: Fish (Small and medium sized) has to be washed properly in potable water to remove the dirt and debris, drained. Gutting* can be done by slit open the belly portion and remove the entrails completely, without removing the head and scales. Fins and tail can be removed if required, washed properly and packed suitably in LDPE pouches or trays.

***Gutting:** The gutting helps to remove those fish body parts/ entrails which likely reduce the product quality, as well as to remove gonads and swim bladder. Evisceration of fish is labor-intensive and usually performed by cutting down the belly (fish may be deheaded or not),

removal of internal organs, and cleaning the body cavity of the peritoneum, kidney tissue and blood. Fish is cut longitudinally up to the anal opening, and special care is taken to avoid cutting the gall bladder. This procedure is performed preferably on a table (stainless steel) which is hard, easy to wash and does not absorb fluids.

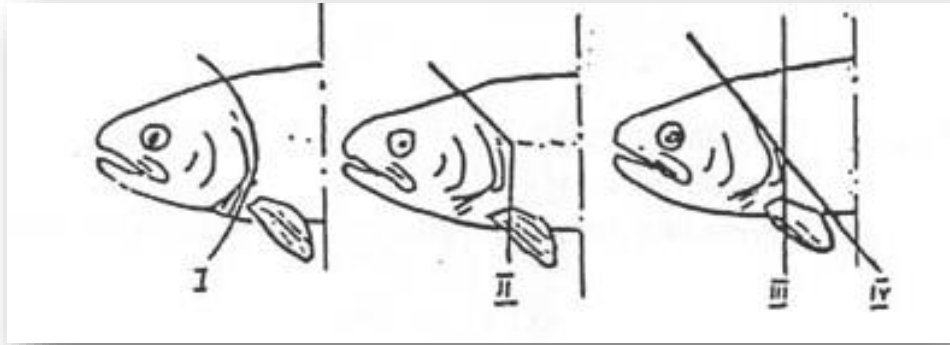
3. **Dressed fish:** Fish whose scales, fins, head, tail and entrails has been removed



Preparation: Fish (Small and medium sized) has to be washed properly in potable water to remove the dirt and debris, drained. Remove head (deheading*), tail, fins and scales. Slit open the belly portion and remove the entrails completely. Washed properly and packed suitably in LDPE pouches or trays.

***Deheading:** The head constitutes 10-20% of the total fish weight and it is cut off as an inedible part. Fish are usually deheaded manually so as to offer a minimal tissue loss during the procedure. Different cutting techniques used for deheading are

- I. **Round cut:** A cut around the operculum, results in lowest meat loss. Round cut is 4-5% more efficient than the straight cut.
- II. **Contoured cut:** which runs perpendicular to the fish's backbone and then at an angle of 45°. This technique is used when filleting is done. The head is removed with the pectoral bones and fins.
- III. **Straight cut:** Straight vertical cut around the head. The commonly used cut in mechanized systems
- IV. **Slant cut:** Cut in a slanting way, so as to reduce maximum meat loss.



4. Steaks: The cross-section slices, made by perpendicular cut to the back bone (perpendicular cut)



Preparation: Fish (Small and medium sized) has to be undergone washing, descaling, beheading, gutting before fish is cut into steaks with a cut perpendicular to the backbone. This is a very common method used in retail markets and also for marinates/canned/other fry preparations. Steaks are fish pieces obtained with an average 2.5cm (3/4 to 1 inch) thick by using either a knife or a band saw for mechanical cutting. This is particularly for larger fish, which have a massive and more solid backbone, need slicing mechanically.



5. Fillets: Boneless slide of the fish cut lengthwise from the back bone (Parallel cut)



Preparation: Fishes of medium and large sized are taken for filleting which has been considered as a most sought-after fish product in the retail market. Fish has to be undergone washing, beheading, gutting before filleting. A fillet is a piece of meat consisting of the dorsal and abdominal muscles. Filling can be done manually but mechanically by using a filleting machine. Fillet is so popular because it is thinner and boneless and typically cook faster than thicker cuts like steaks or loins. Some cases fillets can be made with skin on.

6. Butterfly fillets: Two sides of fish cuts lengthwise away from backbone, connected by the uncut flesh and skin of belly region. When spread out, take on the shape of butterfly



Preparation: Fishes of usually medium sized are used. Fish has to undergo washing, gilling and beheading. Then cut along one side of the upper surface (close to the dorsal fin) from the tail to the head. Slowly lift the top portion of flesh and gently cut the flesh from the bone, working to the belly side, and open up. Now remove the guts and then turnover. Repeat cuts on the opposite side and gently remove the backbone with the attached pin bones. Sometimes a butterfly fillet is made up of two fillets connected by a backbone. All other bones, besides the spine, are removed.

- 7. Sticks/finger:** Pieces of fish cut lengthwise or cross wise from fillets into portions of uniform width and length



Preparation: Fishes of medium and large sized are suitable for finger cuts. Initially fish has to be undergone washing, beheading, gutting before filleting. Fish fingers are made with fresh fish fillets cut into the shape of fingers according to the size required. Usually, fingers are cut at a length of 8-10 cm (3-4 inch) and 2-2.5 (3/4 to 1 inch) cm thick. It can be marinated in spices or coated with batter and bread crumbs and deep fried.

- 8. Loins:** Can be cut lengthwise across the backs of large fish without skin and bones



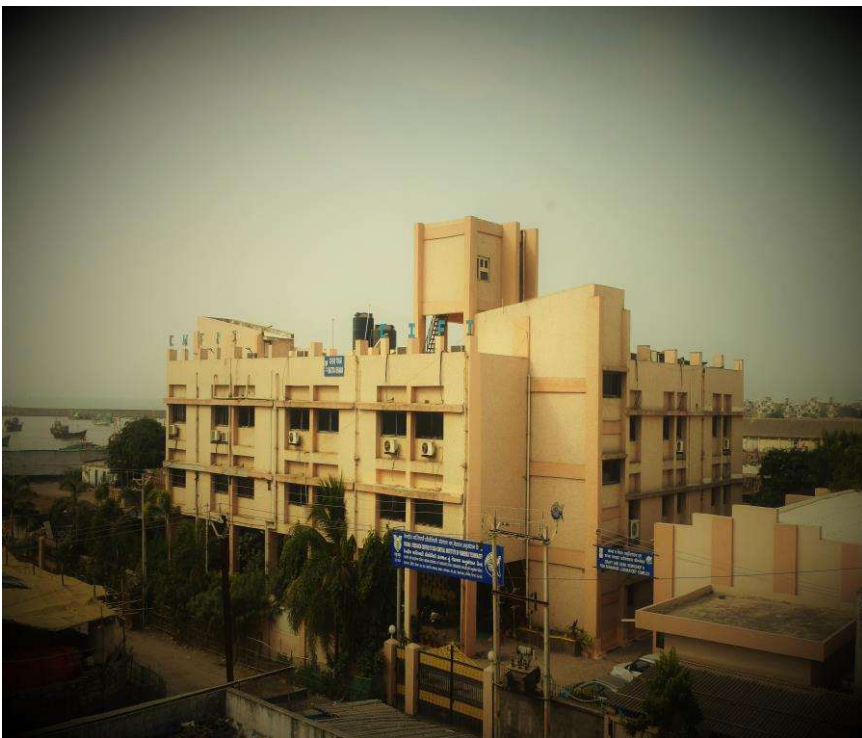
Preparation:

Fishes of large size are suitable for loin preparation. After the fish undergone washing, gilling, beheading and deskinning, a thick cut can be made in lengthwise across the dorsal region. Loin is generally skinless and boneless.

9. Chunks: are cross-sections of large dressed fish with usually a cross section of the backbone.



Preparation: Fishes of medium and large size are suitable. After the washing, gutting, gilling, beheading and deskinning, fish pieces were cut in uniform size with/without the cross section of backbone. Chunks can also be prepared out from the loins. Normally chunks are smaller in size without skin.



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