

# Preparing Your Catch Like A Professional

## Preparing Dory

The following technique for knocking the fillets off a Dory is very simple and it is one that is suitable for a large variety of fish, in particular many of our reef dwelling species.



**1** As you will see quite a large portion of the Dory is inedible but the fillets that are gained make superb eating.



**2** Scaling is not necessary as later you will be skinning the fish. Commence then by making a cut from behind the ventral spines (or fins dependant on the fish), and continue past the pectoral fins to the nape.

Introducing an interesting new mini-series on how to prepare - **scale, fillet, skin, debone or slice** - your catch in order to achieve the highest yield, the best flavour, and by definition, the most **value**. Words and pics by John and Sam Yates, working in Adelaide with SAMTASS Seafoods.



**3** Commencing at the cut at the top of the fish's nape, use the flattened blade of your knife to make another cut that runs the length of the fish as close to the dorsal fins as possible.



**4** Continue the cut started in working along the frame to remove the fillet from one side.



**5** Turn the fish over and repeat the procedure.

Have you ever stood in front of a fishmonger's display stand and wondered to yourself, "Just how do they get such neat fillets?" I know I have, and to find out, I thought I'd ask the experts, the good folk who do this sort of thing for a living, themselves. Consequently while in Adelaide recently, I trundled on down to Samtass Seafoods at Richmond, where I was fortunate to have Mark Andonas and his team show me the ropes.

Now these blokes were pure professionals and although they were quick, their techniques ensured little went to waste. And I do mean quick. So much so that initially I had to persuade them to slow down just so I could see what they were doing. Lesson one; Never play poker with one who fillets fish for a living! Seriously though, making the most of our dwindling fish stocks is something we all need to bear in mind and it was for this reason the

Samtass Crew were more than happy to pass their skills on. As a result in this and forthcoming issues of F&B, the best methods of preparing some of our more common species of fish as well as a few other sea borne delicacies will be displayed. Some techniques take a bit of practice but there will be plenty of tips along the way to help. So sharpen your knives - but first you had better go and catch yourself a few fish!



**6** Use the spine and dorsal fin spines as a guide.



**7** Make sure your knife is sharp, it will make this job so much easier.



**8** Lay the fillets skin side down and using the knife in a flattened attitude remove any remaining bone or stomach lining from the fillets.



**9** Grip the fillet at the tail end then gently cut into the fillet to the skin. At that time lay the blade of your knife right down but keep the edge against the skin of the fish. Now commence to separate the skin from the fillet.



**10** All that's left to do now is heat the pan.

Next Month:  
**Preparing King George Whiting**