

Carp Preparation for Cooking

1.



Start the filet by slitting the area behind the gills. Take care not to puncture the internal organs of the fish.

2.



Run the knife down the backbone of the fish. You'll feel the ribs with the tip of the knife.

3.



Once you are past the rib bones, insert the knife through the fish and continue the filet process toward the tail. Keep the knife along the backbone of the fish.

4.



Continue following the backbone and cut all of the way down the length of the fish past the tail.

5.



Remove the filet from the rib bones by raising the loose piece cut from the dorsal fin side and carefully slicing and separating the meat from the rib bones until you reach the belly portion of the fish.

6.



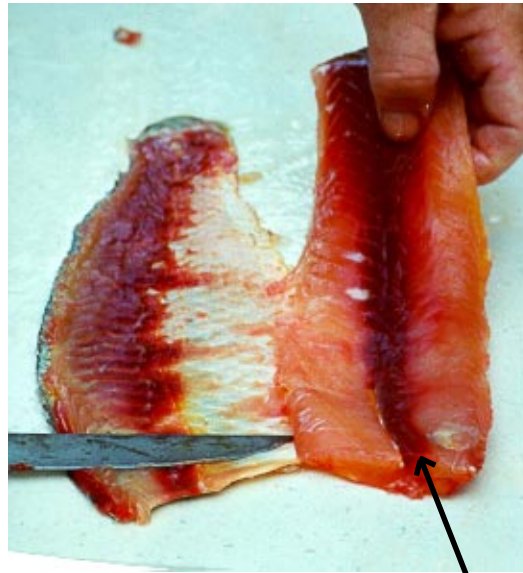
Cut the filet loose just above the belly meat.

7.



Place the fillet, skin side down, on a flat surface. Release a small flap of skin near the tail and hold the flap with your free hand while slicing toward the large end of the fillet. Keep the knife close to the skin of the fish while slicing.

8.



“mud-line”

Note the mud- or red-line of the meat that is found on the center of the fillet. You’ll need to remove this portion because most of the stronger or unpleasant flavors are associated with this red-muscle meat.

9.



Removing the red muscle will require a shallow “v” shaped cut with the knife.

10.



Lightly score the remaining meat with a series of 1/8 to 1/4 inch cuts that start at the top of the filet and stop just short of cutting completely through the meat. You'll feel light resistance and hear an audible snap as the knife cuts through the tiny bones in the filet.

11.



Scoring allows the hot oil to permeate the small bones making them either dissolve or cook to a point where they are easy to eat without risk to the diner.