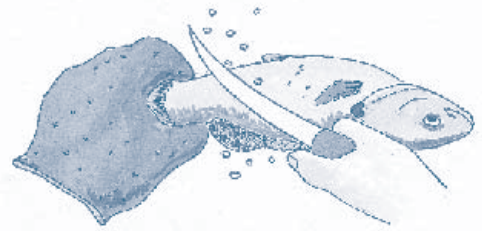


## Pan Dressing

Pan dressing removes the head, scales, fins, and internal organs. You need a sharp knife and fillet glove as well as pliers to remove the fins.

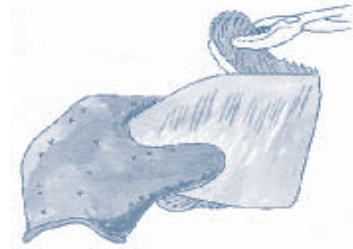
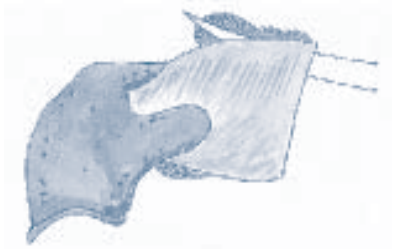
1. Place fish on its side on a firm, flat surface. Hold it firmly in one hand. Hold the knife blade perpendicular to fish and remove scales by scraping from the tail to the head. Turn the fish over and repeat.



2. Cut downward through the back just behind the head and the pectoral fins.



3. Optional: Make a cut along either side of the dorsal fin to the backbone. Grasp the fin with pliers and pull it out.



4. Slit open the belly. Optional: Continue the cut along the anal fin. Use pliers to remove it.



5. Remove the internal organs. Cut off the tail if desired. Rinse with cold water and pat dry with towels.

