

## Skinning

Channel catfish and bullheads often are **skinned**. The materials needed are a sharp knife, pliers, fillet glove, and firm surface.

1. Grip the head tightly with the pectoral fins tucked between the fingers. Slit the skin along the backbone from just behind the head to the dorsal fin. Cut the skin on either side of the dorsal fin.



2. With a firm hold on the head, grasp the skin with the pliers and pull toward the tail fin to remove.



3. Grasp the head with one hand and the body with the other. Bend the head downward to break the backbone. Remove the head.



4. Slit the belly and remove the internal organs.



5. Optional: Cut along both sides of the dorsal and anal fins and use the pliers to remove.

