

Common Fish Types: Forage Fish



Common Carp



Sheepshead



White Sucker



Channel Catfish



Flathead Catfish



Yellow Perch

Common Fish Types: “Pan Fish”



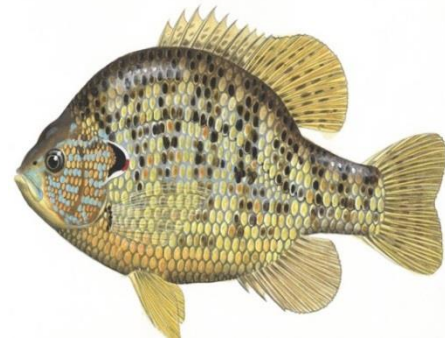
White Crappie



Blue Gill

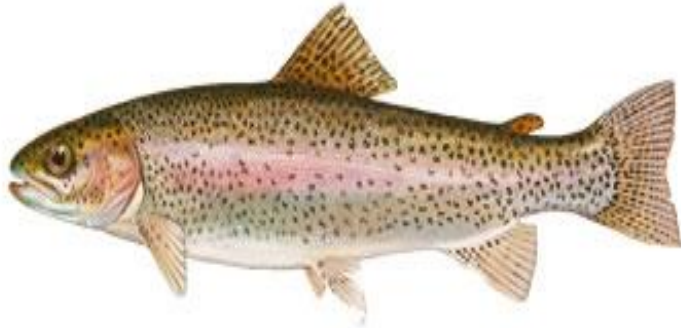


Rock Bass



Pumpkinseed

Common Fish Types: Sport Fish



Steelhead (Rainbow)
Trout



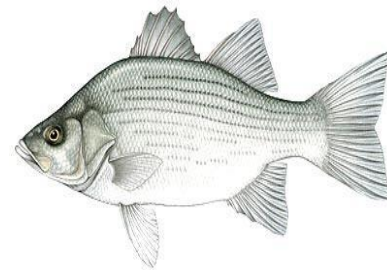
Walleye



Smallmouth Bass



Largemouth Bass



White Bass

Fish Preparation

Remove the skin

Cut away the fat along the back



Cut away fat along the side of fish

Trim off belly fat



Start: make sure fish is dead to avoid injury

1. Insert knife behind gills
 - Cut JUST until touching backbone, NOT through it
2. Cut down towards tail – let rib cage be your guide
 - Cut off belly fat
3. Continue cutting through until knife comes out by the tail
4. Remove “fillet”
 - Carefully cut off skin and any noticeable fat
 - Fat will look more like “jelly”



Fish Preparation Advisory

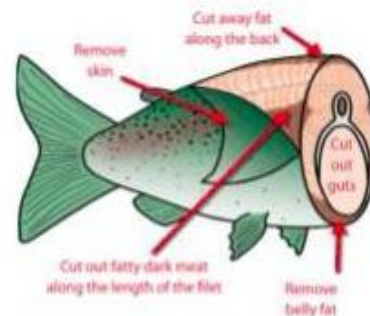
Methods of Fish Preparation

* CLEAN ALL FISH BEFORE COOKING

Best Methods	Acceptable Methods	Worst Methods
Grill Smoke	Bake Poach Deep Fry	Pan Fry

- If deep-frying, **discard oil** after use.
- **Pan frying** removes few, if any, contaminants.

Clean and Cut:



Serving Size:

One size does not fit all

**What
is a
serving?**

**To find out,
use the palm
of your hand!**



For an adult
4 ounces



For children,
ages 4 to 7
2 ounces

Anglers can minimize exposure to contaminants by:

Discarding **organs** (do not eat).

Remove skin from fillets or steaks.

Trim away **fatty areas** near the belly, back, and sides.