

# Popularization of fresh fish cutting style for value addition in processing industry

## Introduction:

Fishes are known to be an excellent source of protein and healthy fatty acids. It is a staple diet of human beings long before the advent of agriculture. Fish come in all sorts of shapes and sizes; it is sometimes difficult to understand which part of a fish we should use in preparation of different recipes. There are a number of common cuts of fish available but most of the people will have heard of fillets or steaks, others type of cuts are no longer used by many fish sellers in the market which can cause much confusion to the shopper. On the contrary in this internet era online shopping becoming more and more popular so when it comes to fish selling in online it is now even more important that the right name is given to the right type of cut of a species. The aim of this article to popularize the various type of fresh fish cutting style with the suitable species that will add value to the products as well as it increases the consumer attraction towards the variety of value-added products.

## Different type of fresh fish cuts with accompanying pictures and descriptions:

1. **Whole:** The whole fish may not exactly be a cut. It is still quite a common way to cook a fish. It can be kept as such whole or just been scaled, gutted, fins removed and tail cut slightly. Any large flat fish such as Halibut, Brill, and Turbot can be used.



Fig1: Whole striped bass

2. **Dressed:** In case of dressed fish viscera, head, and tail are used to removed (some fish may have the tail on) but with skin and bone retained. All fishes are suitable for this method except the largest fish species.



Fig2: Fresh red tilapia dressed

- 3. Pan-Dressed:** Small to medium sized whole fish which is scaled, gutted and the fins, head, and tail removed used in pan-dressed. All small to medium sized round or flatfishes are suitable for this method.



Fig3: Red tilapia pan-dressed

- 4. Fillets:** Fillets can be the boneless or 'pin bone-in' and consist of the complete sides of a fish from just below the gills to tail, being cut away from the backbone and removed in one piece. Available from any fish - round or flat exception includes ray, skate, and monkfish etc.



Fig4: Nile perch fillets

- 5. Butterfly Fillets:** Round fishes are used to de-headed then filleted by cutting through the belly, opening it flat then removing the backbone and smaller bones and joined like a 'butterfly' style. Fishes mainly used are herring, mackerel, mullet, sardines, tilapia, trout, whiting, etc.



Fig5: Mackerel butterfly fillets

- 6. Tail cut:** It is the part of fish nearest to the tail fin in a solid piece with the bone. The backend of a large fish closest to the tail is normally cut and sold separately.



Fig6: Tail cut

- 7. Steaks:** A thick and boneless piece of fish cut from big fish such as tuna or swordfish is called steaks. Here portion cut through the bone of a whole dressed round or flat fish like as a cutlet but it is slightly thicker and often cut from between the mid-body and tail.



Fig7: Fish steaks

- 8. Troncons:** Portion of fish is cut through the bone of a whole flat fish into single portion size. Troncons are another fish cut but relate to flatfish on the bone i.e. skate or sole.



Fig8: Troncons cut

- 9. Goujons or Goujonette:** In this method of cut narrow strips up to 10cm/4-inches long x 1cm/½-inch wide x 1cm/½-inch thick which is cut from a fillet. These are known as finger cuts and being coated with breadcrumbs before being deep fried.



Fig9: Ray Goujons fish cuts

- 10. Loins:** A prime part of a fillet taken from larger round fish such as Cod or from either side of the backbone of large game fish like Tuna.



Fig10: Fresh Bluefin tuna loins

**11. Cutlets:** It is a cross-section portion sliced straight through the backbone of a whole, dressed, round fish and slightly thinner than a steak, usually around 12mm/½-inch thick. It is also known as darnes cuts. Fishes are suitable for this type of cuts like Cod, Salmon, and Pollock.



Fig11: Fresh salmon cutlets

**12. Cheeks:** As the name implies, these are cut from the head of larger mature fish and are the small pockets of flesh found just below each eye. The cheeks are a delicacy when it is taken from larger specimens such as monkfish, cod, hake, haddock, and Halibut.



Fig12: Fresh halibut cheeks

**13. Paves:** The fillets are cut in half or into thick portions width wise and normally the skin is left on. Larger flatfish such as Halibut, Turbot, and Brill are suitable for this method.



Fig13: Pacific halibut paves

**14. Paupiettes:** It is the fillet of fish spread with a farce and neatly rolled and tied in a knot. The fillet is rolled from the tapered tail to the wider head end and poached.



Fig14: Paupiettes of sole fish

**15. Wings:** The wings are usually removed and sometimes skinned from larger specimens. Any large round fish such as Salmon, Hake, Cod, Monkfish, and Sea Bass is suitable for this cut.



Fig15: Skate Wing

**16. Medallion cut:** This cut is same as supreme but a little more on the slant and then trimmed carefully to a neat round or oval shape. A very small portion of fillet cut from 1 to 2 inches (2 1/2 to 5 cm) thick.



Fig16: Salmon Medallion cut

**17. En tresse:** It is also known as plaited. Fillet of fish cut lengthwise into three and plaited.



Fig17: En tresse cut

**18. Delice:** A fillet of fish which has been trimmed and neatly folded for presentation prior to cooking.



Fig18: Delice fillet style

**19. Meuniere:** Pan-

frying of fish, finished with



butter noisette, chopped parsley, and lemon juice added.

Fig19: Meuniere fillets

**20. Mignon:** Fillet of fish folded as cornet, triangular fold as for piping bag.



Fig20: Mignon fillet style

### **Conclusions:**

Each and every part of the fish body is useful and proteinous. Fishery products play a very important role in the economy of our country. Therefore awareness regarding the different form of value-addition in fishery products must be needed. So popularization of the different cutting style of fresh fish will add the value to low-cost fish and helps in product diversification which will, in turn, increase the consumer attraction towards the variety of value-added products.

### **References:**

- <http://www.recipes4us.co.uk/Fish/Cuts%20of%20Fish.htm>
- [http://chefpedia.org/wiki/index.php?title=Fish\\_Cuts](http://chefpedia.org/wiki/index.php?title=Fish_Cuts)
- [www.chefs-resources.com/seafood/finfish/](http://www.chefs-resources.com/seafood/finfish/)

### **Notes:**

1. Fish come in all sorts of shapes and sizes and there are a number of common cuts of fish are available.
2. Different cutting style of fresh fish will help to popularize the various types of fish cuts with their suitable species.
3. It will add value to the low-cost fish and helps in product diversification.