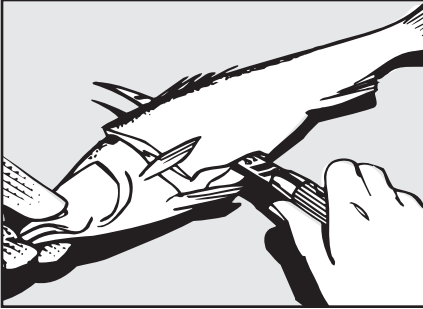
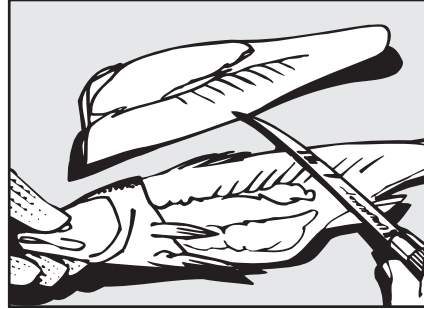


1



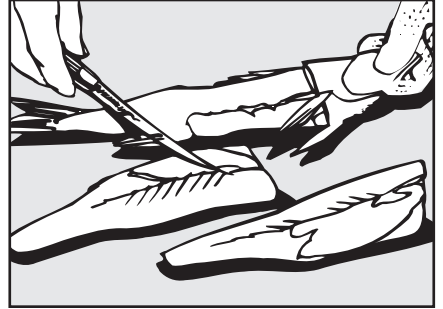
Make first cut just behind the gills. Slice down to the bone, then, without removing blade, turn it and slice straight along backbone . . .

2



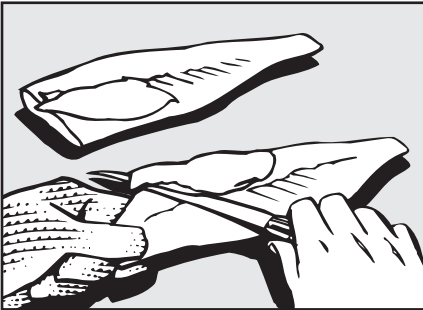
. . . to the tail. Note that the fillet has been cut away from the rest of the fish. After slicing fillet off at tail, turn fish over and repeat procedure on the other side.

3



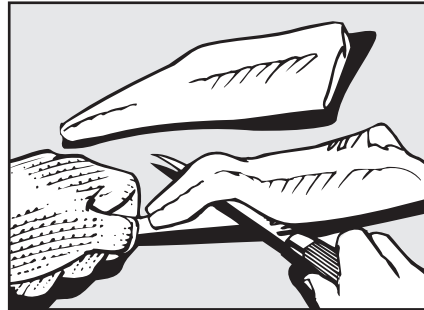
With both sides removed, you have cut away both sides without disturbing fish's entrails. This is the neatest and fastest way to prepare fish. Now to finish the fillets.

4



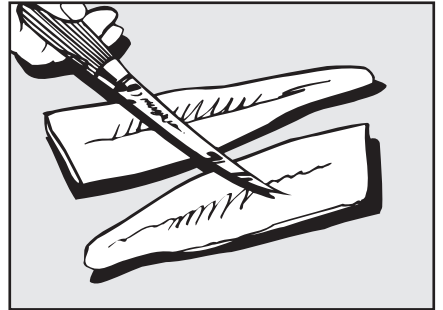
Next step is to remove the rib section. Again, a sharp, flexible knife is important to avoid wasting meat. Insert blade close to rib bones and slice entire section away. This should be done before skin is removed to keep waste to a minimum.

5



Removing the skin from each fillet is simply a matter of inserting the knife at the tail and "cutting" the meat from the skin. With the proper knife, like the "Fish 'n Fillet," it's easily done.

6



Here is each fillet, ready for the pan or freezer. Note there is no waste. Remember not to overwash fillets. This will preserve tasty juices and keep meat in its natural state.

1



Rest Sharpener on a stable surface, grip with a firm, dry hand. Insert knife fully into the Sharpener's channel at a 90° angle. Slowly and smoothly pull the blade straight back toward you, from the base to the very tip. (if using a SH2 Two-Stage Sharpener start with the grey (C) course side)

2



When pulling blade through, use only light pressure, pull slowly and evenly at the 90° angle. Do not rock the blade or vary the angle, repeat the action up to a dozen times.

3



If using a SH2 Two-Stage Sharpener you are now ready for fine honing. Simply flip your Sharpener so the white (F) fine channel is on top. Follow the previous steps.