

# Wholly Mackerel!

## How to clean fish:

### Stage 1:

Give the little chap (the fish!), a wash in cool running water to get rid of any slime and dirt.

### Stage 2:

Take a sharp knife and remove the little fins on either side of the body.

### Stage 3:

To see if it needs scaling, run the back of a knife at nearly a 90 degree angle along its body from tail to head.

If the scales pop up and are quite thick, continue scraping till the fish is smooth. Give it another quick rinse. (If the knife just passes over the scales you don't need to bother).

### Stage 4:

Underneath on the tail end there should be, to put it as nicely as possible, 'a small anal opening'. Put the fish on a board with this facing away from you. Stick your



knife point in, and holding the tail, cut away a thin strip (0.5 cm) all the way along his belly up to the gills. Discard the strip of skin.

### Stage 5:

Now using your fingers simply remove the guts from the cavity. There will be a brownish red line that lies along the fish's spine. This is the kidney line and that has to go as well. Scoop it out with a spoon or the tip of your knife. Again give the fish a rinse out.

### Stage 6:

You can now, if you want to, remove the head and tail. Cut the head off just below the gills and the tail where it joins the body.

### Stage 7:

The dorsal fin that is on the top of the fish will have some bones connected to it. If you want to remove them cut lightly into the skin either side of the fin, and give it a swift tug from the tail end outwards. It should bring most of the bones with it. This stage is not mandatory.

And it's ready! Leave whole, or cut into steaks, fillets, etc, depending on the type of fish and what you want to do with it.

# The Nuts of Guts

*And other useful  
information for  
fishermen*



# *Tired of smelly marinas? Let's just "Gut It Out!"*

---

## **The Guts of the Problem:**

The amount of fish waste disposed into a small enclosed basin, such as a marina, can exceed the amount exists naturally in the water at any one time. In small quantities, this fish waste is fed upon by scavenging fish and animals and is not a problem. However, when disposed of in large quantities in areas where water circulation is restricted, the decomposition of fish waste can deplete the water of dissolved oxygen, leading to water quality degradation and fish kills. This is often a serious problem at marinas.

## **The Solution Takes Guts:**

- Use fish cleaning stations at marinas.
- Clean fish as they are caught offshore and toss fish waste only in open unrestricted water or at sea, never in a marina basin.
- Clean fish at home and compost the waste.
- Freeze and then reuse fish parts as bait.
- When no other option exists, bag the fish waste and dispose of in the garbage.
- Avoid releasing bait, either dead or alive, into the water,

because this can this can introduce foreign species.

- Encourage other boaters and fishermen to dispose of fish waste properly.

## **Still Don't Gut It?**

If you're fishing for more information, call:

**1-800-RECYCLE**