

# Food skills

## Fish

Fish is available all year round, fresh or frozen. Fresh whole fish should have bright, bulging eyes and bright red or pink gills. For fillets the flesh should look moist, shiny and smooth.

Fish is best cooked on the day of purchase. It can be stored in the fridge, covered, for several days. Frozen fish is best thawed quickly by sealing the fish in a container or plastic bag and submerging in water.

### Did you know

Fresh or frozen fish or fish canned in spring water are all good sources of protein, vitamins and minerals.

## How to fillet a fish

Rinse gutted and scaled fish with cold water.



1 Make a cut just behind the gills down towards the spine.



2 Continue the cut down to just behind the fin.



3 Run the knife along the spine from head to tail.



4 Carefully separating the flesh from the bones.



5 Remove the fillet completely and repeat for the other side.



6 To remove skin, cut just in front of the tail end of the fillet.



7 Pull the skin back and forth so the knife stays flat against the board.



8 Remove the row of bones down the middle of the fillet.



# Baked fish with parsley pesto crumb

(serves 4)

## Ingredients

4 fillets fish, sliced in half  
½ cup dry breadcrumbs  
2 tablespoons pesto

## Method



Heat oven to 200°C. Place fish pieces on a baking tray.



Mix together the breadcrumbs and pesto.



Cover fish with crumb mix. Bake for 10 minutes or until just cooked through.



Serve with baked potato wedges and seasonal vegetables.

For more recipe ideas and cooking tips visit  
[heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes) and [vegetables.co.nz](http://vegetables.co.nz)

  
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