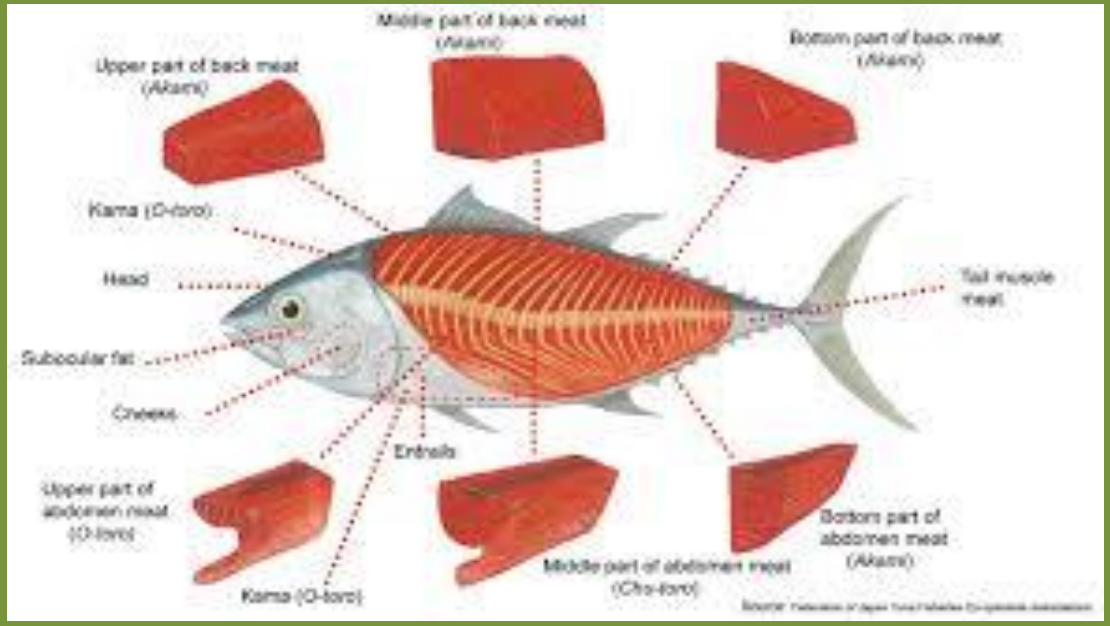
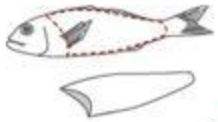
CUTS OF FISH


Middle part of back meat
(Akami)
Upper part of back meat
(Akami)
Bottom part of back meat
(Akami)
Kama (O-toro)
Head
Tail muscle
meat
Subocular fat
Cheeks
Entrails
Upper part of
abdomen meat
(O-toro)
Bottom part of
abdomen meat
(Akami)
Middle part of abdomen meat
(Cho-toro)
Kama (O-toro)

Fish Cuts

Fillets



The flesh is completely removed from the bone in long flat pieces. Round fish produce two fillets, flat fish produce four.

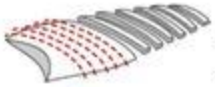
Delice

A folded fillet, usually of a flat fish. It is a menu term synonymous with fillet.

Paupiette

A rolled and stuffed fillet, usually of a flat fish. The stuffing would generally be a fine fish farce.

Goujon/Goujonette



A fish "finger" or baton approximately 80 x 10 x 10mm, a Goujonette is smaller and may be used as a garnish.

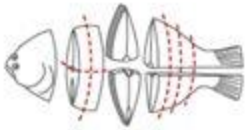
Supreme

A portioned piece of fish cut on the slant from the fillet of a large round or flat fish.

Darne

Also called a steak. This is a section across a round fish cut across the backbone approximately 25 mm thick. This cut is well suited to large dark fish such as Mackerel and Swordfish.

Troncon



This is similar to the Darne. It is a section of a large flat fish such as Turbot or Brill after being split down the backbone, approximately 45 mm thick.

FISH FARCE CUT

CUTS OF FISH

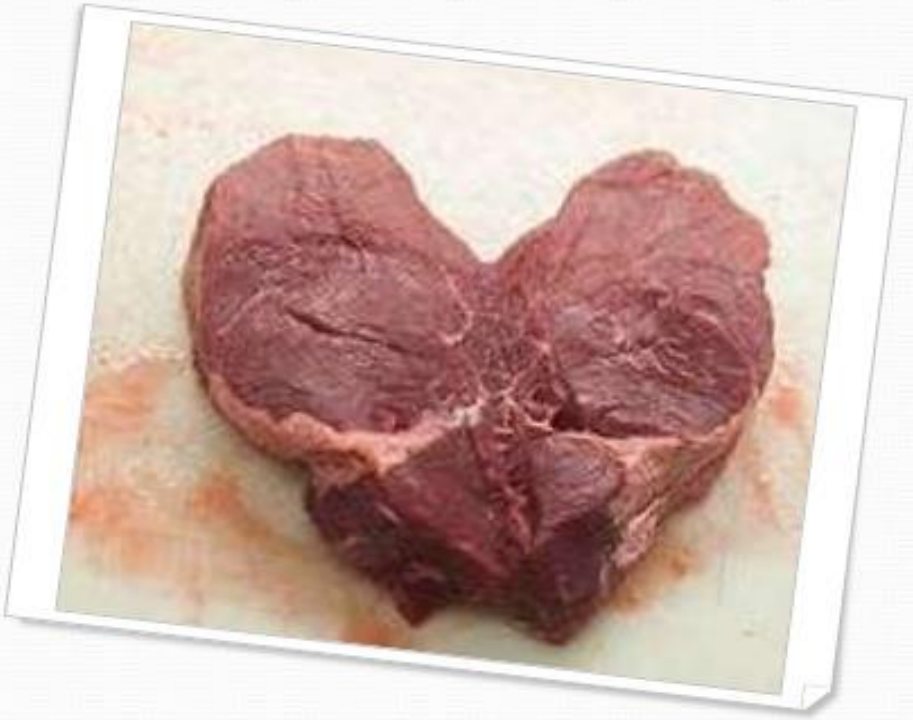
The common cuts of fish are:

- Fillets
- Paupiette
- Supreme
- Goujons and Goujonettes
- Meuniere
- Tron, con
- Darne
- Mignon
- Pile
- Medallion
- Fish Farce

MIGNON CUT

MIGNON

Fillet of fish folded as a cornet (triangular fold as for piping bag).



MEDALLION CUT

FILLETS

PAUPIETTE

SUPREME

GOUJONS AND GOUJONETTES

GOUJONS AND GOUJONETTES

Strips approx 8cm long by 1cm wide cut from fillets of fish . Goujonettes are cut smaller and are mainly used as a garnish.

MEUNIERE CUT

MEUNIERE

Pan-frying of fish , finished with butter noisette, chopped parsley and lemon juice.

TRONCON CUT

TORN,CORN

It is a thick piece of fish 4-5cm thick , cut on the bone from a flat fish like the turbot. It is a fish cutlet or steak with bone .

DARNE CUT

DARNE

A piece of fish cut across and through the bone of a large , whole round fish such which is 2-3cm thick.