



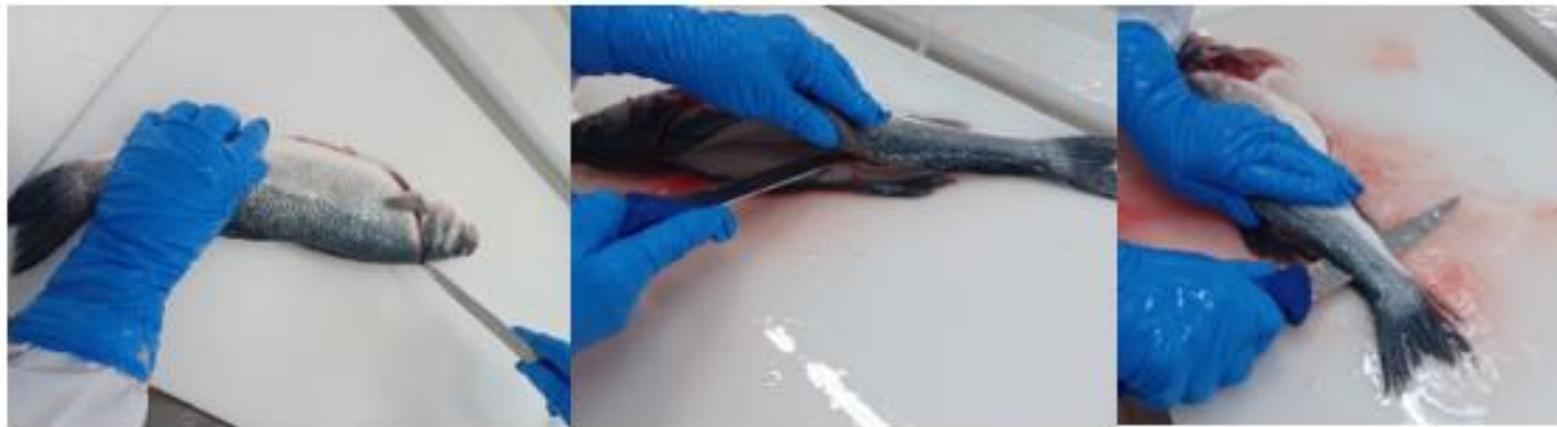
# **Presentation of the possibilities of different fish fillet processing methods**

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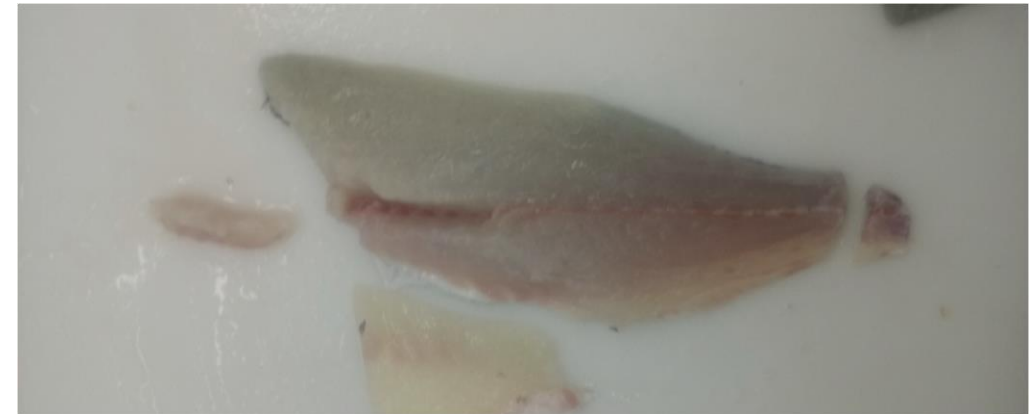
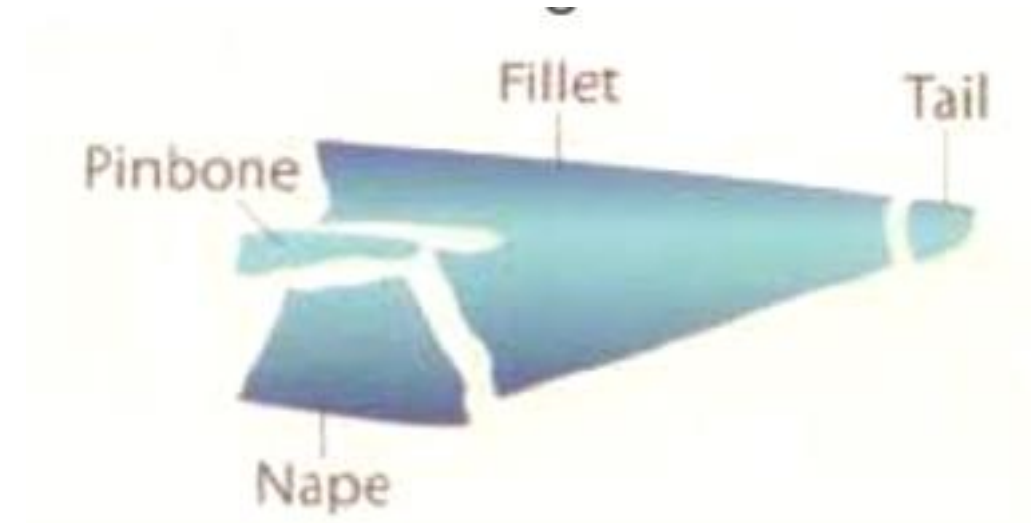
- Filleting can be done either mechanically or manually.
- In manual filleting, the first cut is made near the head, followed by a cut along the dorsal fin down to the backbone. The knife is then run through the fish, making a longitudinal cut from the fin towards the tail. The same is done on the other side. The knife is guided along the bone until reaching the middle bone. When reaching the belly bone, the knife is again passed through and simply follows along the bone.



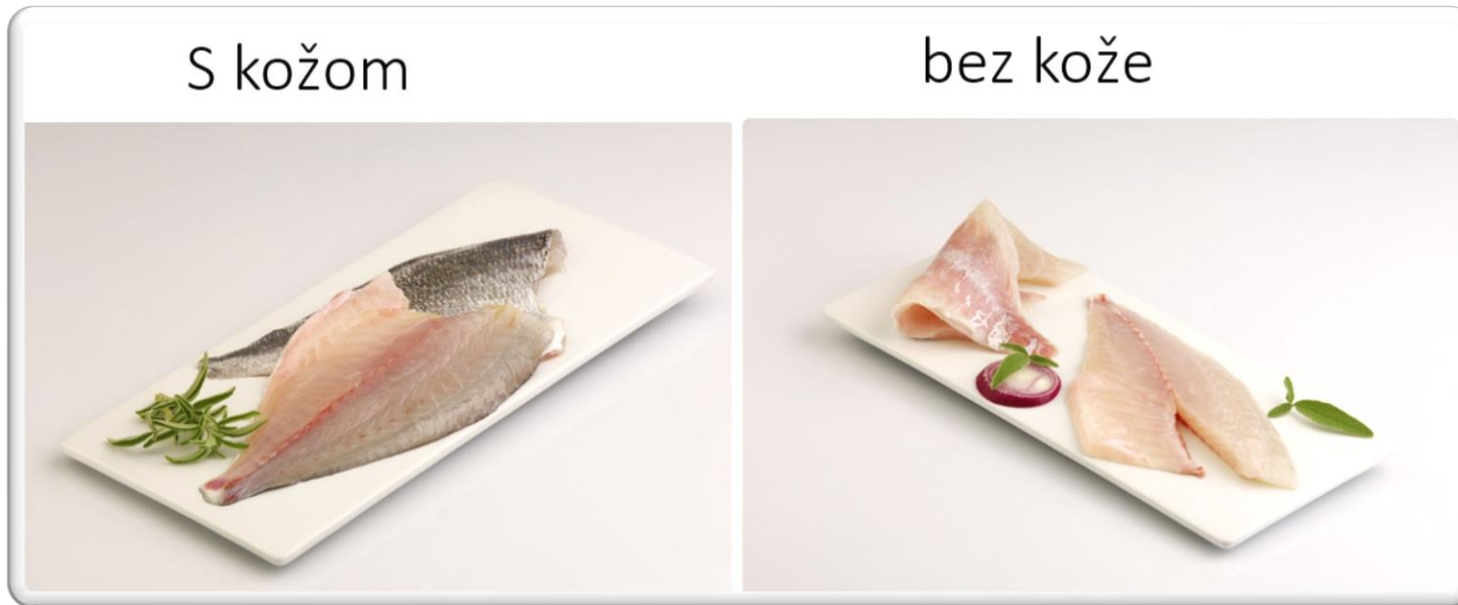


- In mechanical fish filleting, each fish is individually placed on the conveyor belt of the machine, with its head fixed in the head decapitator, which automatically cuts off the head. Next, the fish is manually inserted into the filleting machine, depending on the fish's weight class
- The fish moves through the filleting machine, fixed along a guide, and passes through four longitudinal knives. The first pair of knives separates the fillets from the backbone, while the second pair removes the rib bones from the fillets
- The fillets exit the machine for further inspection and, if necessary, manual finishing

- The fillets are a part of the fish meat that consists of the dorsal, belly, and tail sections, with the backbone and rib bones removed
- the nape or flank – the upper, thinnest part of the fillet, around the belly



- The possibilities of different fish fillet processing methods include several types of cuts and techniques, depending on market requirements and the specifics of the fish itself
- The fillets can be with or without scales and with or without skin





- In the central part of the fillet, there are smaller bones (pin bones)
- This type of fillet is commonly referred to as **PBI (Pin Bone In)**





PBI "classic fillet"



PBO F CUT



F CUT+N CUT



PBO V CUT



J CUT-V CUT+N CUT

- Further (manual) processing of the fillet allows it to be cut in four different ways, resulting in PIN BONE OUT fillets (PBO)
- Fillet without pin bones, where these bones are removed manually or mechanically



- **V-cut** is a method of removing pin bones by cutting the meat in the thickest, central part of the fillet in a V-shape, up to approximately  $\frac{1}{3}$  of the fillet's length
- The skin is also removed along with the meat in the pin bone section of the fillet



- **F-cut** is a method of removing pin bones by cutting the meat in the thickest, central part of the fillet in the shape of a thicker letter "I", up to approximately 1/3 of the fillet's length
- The skin is not removed in this part of the fillet



- In addition to removing pin bones, the belly section can also be removed from the fillets using the **N-cut** method
- This cut allows for a cleaner and more aesthetic appearance of the fillet




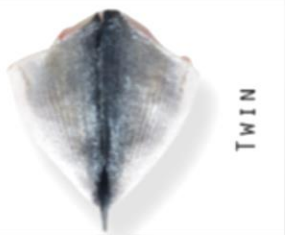







- **J-cut** method involves the removal of the belly section (N-cut) and pin bones (V-cut)
- The tail is also trimmed (a part of the tail is cut off, with little or no meat)



- **FN-cut** method involves the removal of the belly section (N-cut) and pin bones (V-cut), without removing the skin



- In addition to classic filleting, it is possible to cut the fillets into so-called **Butterfly cuts**
- This type of cut involves slicing the fillet in half and opening it like a 'butterfly,' resulting in a thinner, wider piece of meat
- Butterfly cuts are not common in every market, but they provide an aesthetically and culinarily specific result
- There are several types of Butterfly cuts:

<p>• <u>TWIN CUT</u></p>  <p>Fresh Chilled Sea Bass Twinling Fillets</p>  <p><u>Pbo/pbi</u></p>	<p>• <u>BUTTERFIN CUT</u></p> <p><b>Butterfin Cut</b> head-off, boneless, connected on the dorsal side</p>  <p><b>FILLET BUTTERFLY</b></p>  <p><u>Pbo</u></p>	<p>• <u>SICILIAN CUT</u></p> <p><b>Sicilian Cut</b> head-on, boneless, split on both sides</p>  <p><u>Pbo</u></p>	<p>• <u>CANOE CUT</u></p>  <p><u>Pbi</u></p>	<p>• <u>FRENCH CUT</u></p> <p><b>French Cut</b> head-on, boneless, connected on the dorsal side</p>   <p><u>Pbo</u></p>	<p>• <u>POCKETBOOK CUT</u></p> <p><b>Pocketbook</b> head-off, boneless split on both sides</p>  <p><u>Pbo</u></p>
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- For larger fish, there are additional options for different types of cuts. Along with the standard PBI and PBO cuts, there is also the option of horizontal and vertical cuts
- **Vertikal cuts**-The fillet is cut vertically through the flesh, usually used for more precise portioning or obtaining specific cuts of meat
- **Horizontal cuts**-The fillet is cut horizontally, parallel to the fish's body, often for larger portions of meat





# Conclusion:

- Different fish fillet processing techniques play a key role in satisfying different consumer preferences and market demands
- From basic cuts that ensure convenience, like PBI and PBO, to more intricate methods offering high-quality and visually appealing results, such as V-Cut, F-Cut, and J-Cut, these methods provide a wide range of possibilities for both culinary creativity and practical use
- The specific cuts, including Butterfly Cut, Horizontal and Vertical cuts, further enhance the versatility of fish fillet preparation, meeting the needs of various cooking styles
- Ultimately, the choice of skin-on or skinless fillets contributes to the overall taste and texture, ensuring that each cut meets the expectations of consumers
- The variety of techniques reflects a market-driven approach focused on quality, innovation, and consumer satisfaction



Thank you for your attention.