

De-knuckling whiting SOP-402

Employee Training

PURPOSE

To properly remove the knuckle from whiting.

PROCEDURE

When removing the knuckle from the fillet it is important to follow these guidelines:

1. Set up the area (blue cutting board, filleting knife, gloves)
2. Take the un cut whiting and lay it skin side up. The knuckle will be represented by a small reddish area near the front of the fillet.
3. If you have trouble locating the fillet,gently run your finger down the middle of the fillet until you come across the bony area. It will feel rougher and at times can also be prickly.
4. When you have located the knuckle you will want to cut it out using a "V" shaped incision. Make the cut as small and thin as possible to preserve the meat on fillet
5. Check along the inside of the incision to ensure that all of the bones have been removed.
6. Repeat this process until all the whiting has been prepped

IMPORTANT NOTES

Knuckle: A bony part of the whiting fillet

Sometimes during the packaging process the fish fillet will have been twisted. Make sure to cut along the center of the fillet.

