

# Fresh Fish, How Much To Buy?

*Whole, dressed or fillets make a difference...*

If you're wondering how much fish to serve, a two to three ounce portion of cooked fish provides an adequate amount of protein for one serving. However, many people prefer a somewhat larger portion.

The amount of fish to buy per person for a five ounce serving should be—one-third of a pound for fillets or steaks, one-half pound for dressed fish, and three-fourths of a pound for whole fish.

## Whole fish refers to fish just as it comes from

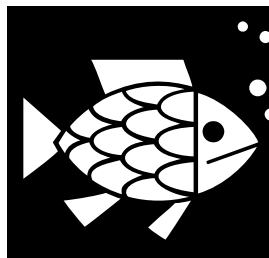
the water. The fish must be scaled or skinned and the entrails must be removed. The head, tail and fin can also be removed if desired.

**Drawn fish** are whole fish with only the entrails removed. usually it is scaled, but the tail, head and fins remain.

**Dressed fish** is commonly sold at fish markets. The fish is scaled, then the entrails and usually the tail, head and fins are

---

*The amount of fish to buy per person for a five ounce serving should be—one-third of a pound for fillets or steaks, one-half pound for dressed fish, and three-fourths of a pound for whole fish.*



removed. Small dressed fish are called pan-dressed fish.

**Chunks, steaks, and fillets of fish** are already prepared for cooking and freezing. Chunks and steaks are cross sections of large dressed fish. A part of the backbone is usually the only bone present. Chunks may be four to six inches thick, and steaks are usually three-fourths of an inch thick.

**Fillets** are the boneless sides of the fish cut away from the backbone. Fillets are cut with a sharp knife

from head to tail. Certain kinds of fish, such as perch, sole, and flounder need not have entrails removed before filleting.

**Butterfly fillets** are cut so that the two sides of the fish corresponding to the two single fillets are held together by the uncut flesh and skin of the belly.

*For more information about buying and serving seafood, contact your local county Extension office.*