



# COOKERY OF FISH

## INTRODUCTION

Fish provides many attractive and satisfying dishes.

Fish is a high protein food. A fish provides more than 5gm of protein of edible ounce. A fish that has fat is superior to lean fish.

# CUTS OF FISH

The common cuts of fish are:

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

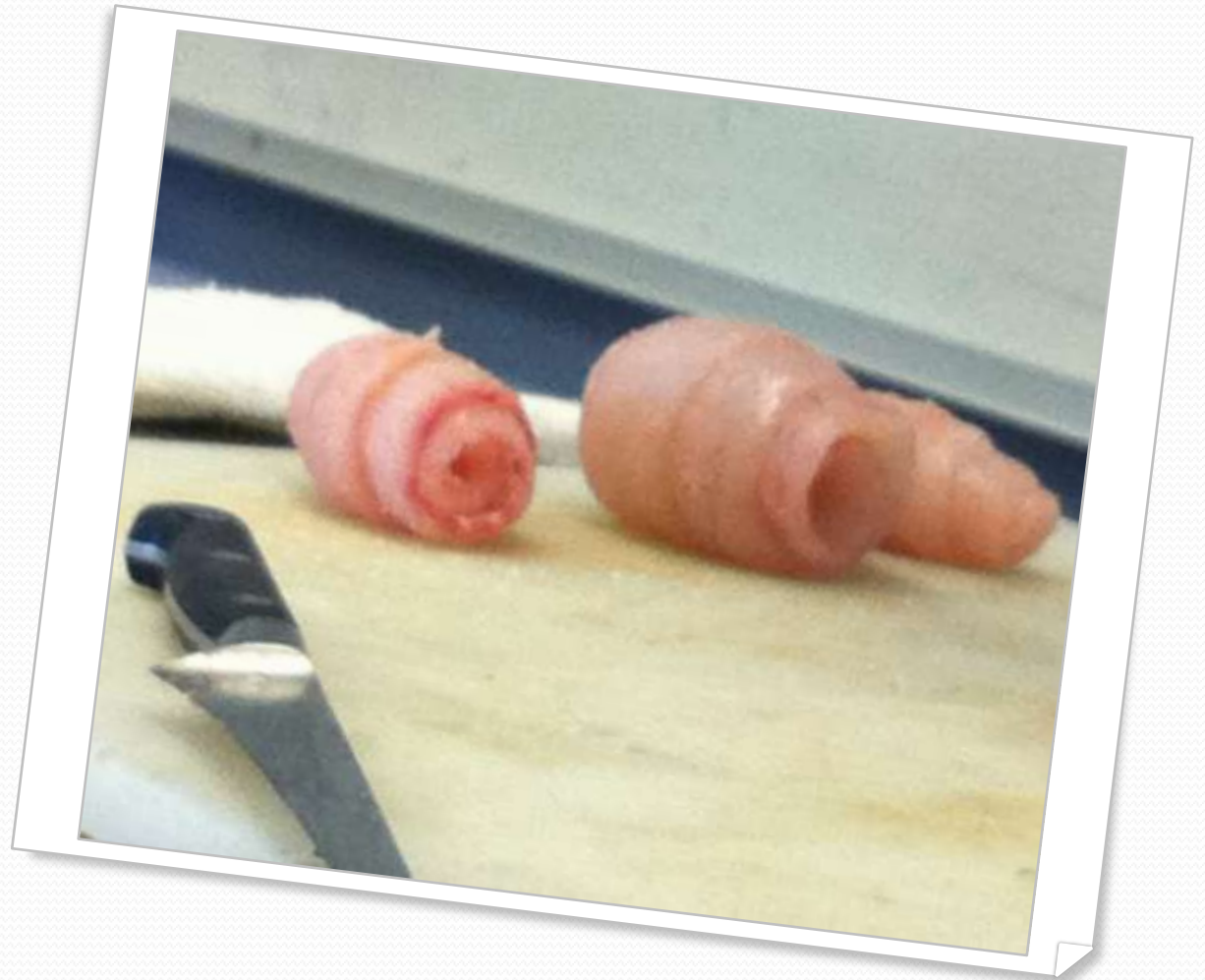
## FILLETS

Deboned long flat pieces of fish without skin



## PAUPIETTE

The fillet of fish is laid flat on the table, stuffing is spread on it, then it is rolled up, tied with a string, to keep the shape.



## SUPREME

Large fillets of fish cut on a slant of a large round or flat fish.



# 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.



## MEUNIÈRE

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





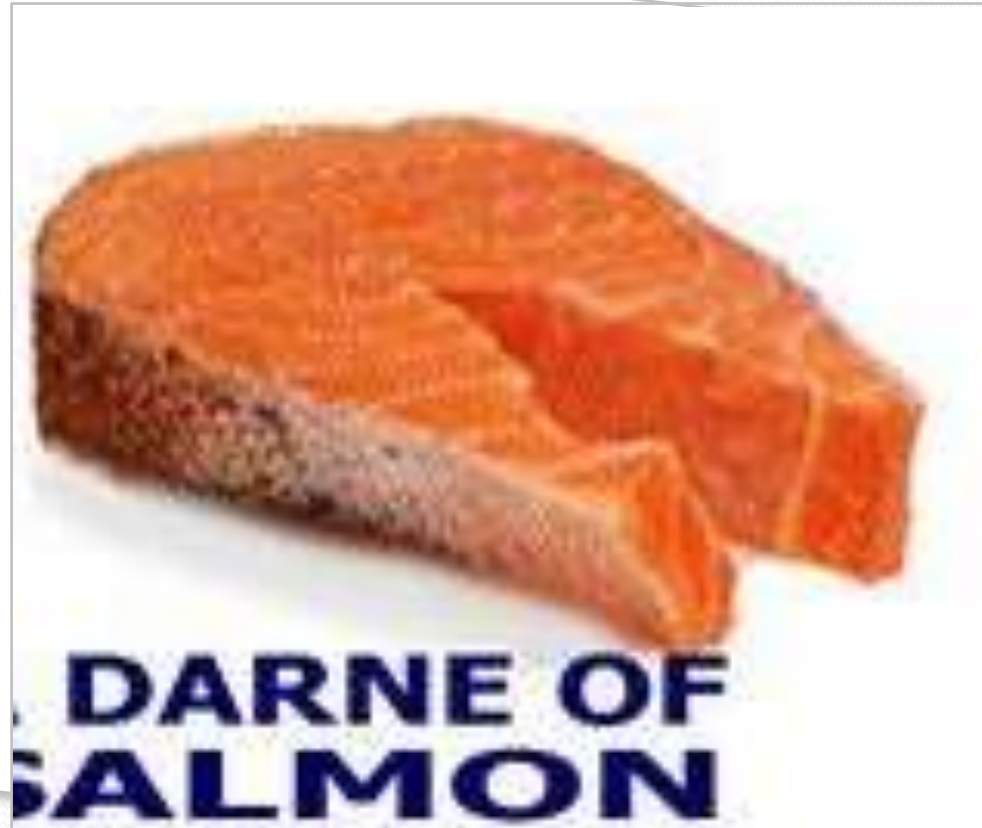
## TORN, CORN

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

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



# MIGNON

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



# FISH FRACE

Pure e of fish,  
bound with  
whole egg  
panada and  
cream



THANK YOU..!