Harvesting and filleting Tilapia fish

After harvesting fish, you can inactivate it by putting the fish in ice cold water. To fillet a fish, start by making a cut below the pectoral fin located near the head. Make another cut along the the dorsal fin down the tail.

Filleting process

After, cut your way along the dorsal fin through to the spine. Apply a little more pressure and cut through to the other edge of the fish to remove flesh from one side of the fish.
Cut in between the flesh and skin of the fish to remove skin off the filet.
Incase there are pin bones in the fillet, cut through the fillet to remove the pin bones.
Turn the fish over and repeat the process to fillet the opposite side too.
After, you can weigh the fillet and then clean the fillet by rinsing it with water.