How to fillet a tilapia

To fillet a fish, begin by making a diagonal cut under the pectoral fin towards the head. Make a cut along the dorsal line towards the tail.

Filleting process

Cut between the back bone and the flesh and cut your way until you reach the pin bones located around the mid of the fish.
After reaching the pin bones, apply a little more pressure to cut passed the pin bones.
While cutting, ensure that you cut just at the level of the bones and not cut into the bones so that it doesn’t get messy.
Cut through until flesh from one side of the fish is completely cut off.
Flip the fish and repeat the process to cut and remove flesh from the opposite side.
After removing the flesh, cut between the skin and the flesh to remove the skin so that you obtain your fillet.
Incase there are pin bones in the fillet, you need to cut them out.