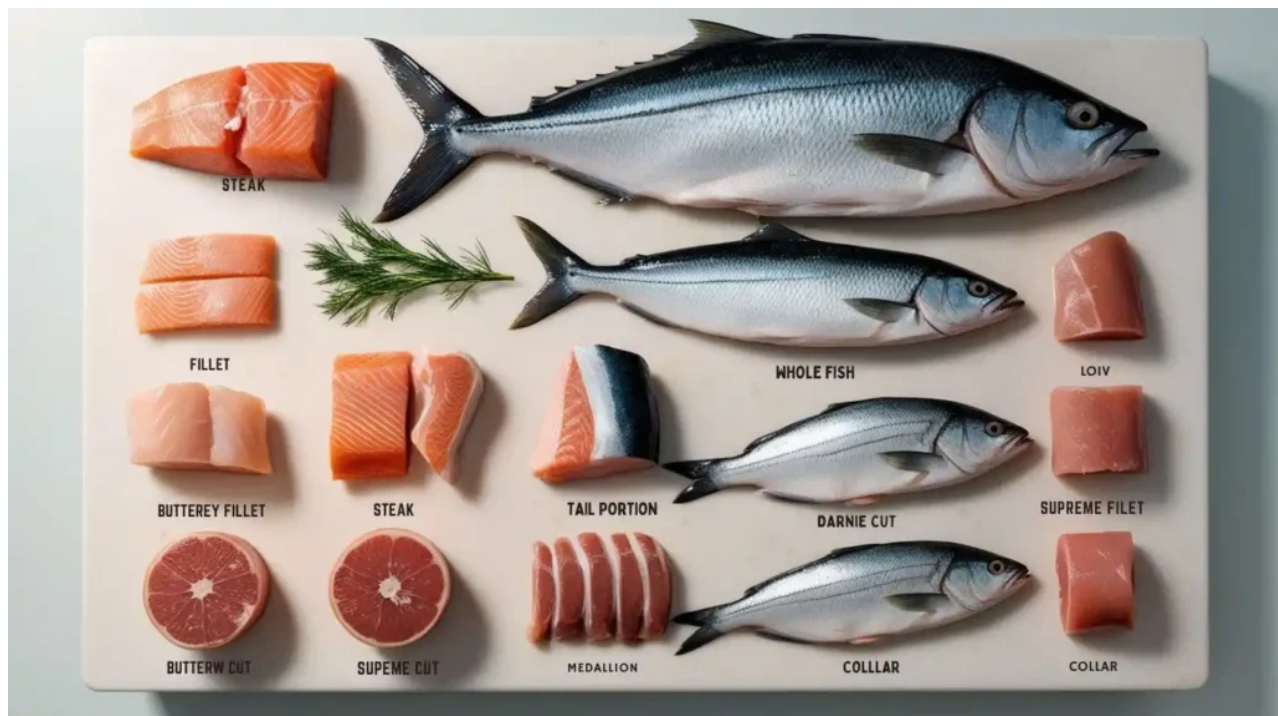


# 10 different Cuts of fish

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Fish come in a variety of shapes and sizes, each offering unique cuts that suit different recipes and cooking styles. Understanding which part of the fish to use can elevate your dishes, whether you're preparing a gourmet meal or selecting the perfect cut for your next grocery trip.

Just like vegetables, fish can be sliced and prepared in several distinct ways. Factors like the type of fish, its texture, and even the cooking method you plan to use play a crucial role in determining the right cut.

Learn the essential fish cuts with this infographic, showcasing popular cuts like fillets, and steaks, and unique options like paupiette and butterfly.

# 10 different Cuts of fish



**Fish Fillet**



**Paupiette**



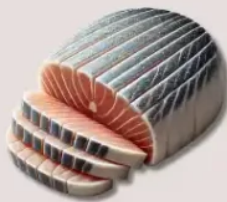
**Supreme**



**Goujons**



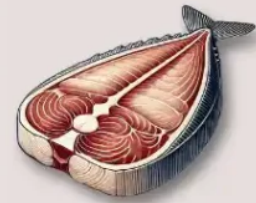
**Goujonettes**



**Mignon**



**Darne**



**Tronçon**



**Butterfly Fillet**



**Tail**



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In this guide, we'll explore the **10 essential cuts of fish**, in details, their uses, and the best cooking methods to bring out their flavours.

## 1. Fish Fillet

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Fresh fish fillet on a chopping board, showcasing smooth and boneless flesh, perfect for versatile cooking methods.

A fish fillet is a boneless and de-boned long, flat piece of fish. It typically does not include skin, though some varieties may retain it. A flatfish, such as a sole, yields four fillets, while larger fish can be portioned further.

Fillets contain the bulk of the edible portions of fish, making them highly versatile. Their uniform thickness and texture make them ideal for various cooking techniques.

**Usage:** Fillets are perfect for dishes requiring uniform cuts of fish, such as delicate sautéed dishes or soups.

**Cooking Methods:** Pan-searing, grilling, baking, or steaming.

| Also Read our complete guide on: [\*A Guide to Different Cuts of Chicken\*](#)

## 2. Paupiette

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Delicate paupiette made by rolling a fish fillet, ready for stuffing and cooking.

A paupiette involves taking a fish fillet, laying it flat, and stuffing it with ingredients such as vegetables or herbs. The fillet is then rolled tightly and secured with string to hold its shape.

It is a classic French preparation method that adds a touch of elegance to any dish. Paupiettes are often cooked in a flavorful broth or stock to enhance the taste.

**Usage:** Great for stuffed fish recipes in formal dining settings or festive occasions.

**Cooking Methods:** Poaching, baking, or steaming.

### 3. Supreme

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Boneless fish supreme cut, displayed fresh on a plate, perfect for gourmet recipes.

A supreme is a premium cut of fish fillet that is diagonally sliced from a large fillet or loin. It is boneless and has an attractive, uniform appearance, making it a favourite for high-end dishes.

Supremes are often cut at a slight angle to enhance their presentation and texture, providing a moist and tender eating experience.

**Usage:** Used in high-end dishes requiring excellent presentation and taste.

**Cooking Methods:** Grilling, roasting, or sautéing.

## 4. Goujons

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Thin fish goujons prepared for frying, displayed fresh on a plate.

Goujons are slender strips of fish fillet, typically 8 cm long and 1 cm wide. They are crafted from small fish fillets such as soles or plaice.

Goujons are prized for their uniform size and shape, which make them perfect for appetizers or finger foods. Their crispy texture when fried adds a delightful crunch.

**Usage:** Commonly used for finger foods, garnishing, or as breaded and fried snacks.

**Cooking Methods:** Frying or baking.

| Check Also our guide: [14 basic cuts of vegetables with sizes](#)

## 5. Goujonettes

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Bite-sized fish goujonettes freshly cut for breading and frying, displayed on a plate.

Goujonettes are miniature versions of goujons, offering bite-sized pieces of fish. These small cuts are ideal for garnishing or serving as canapés.

Despite their size, they pack a flavorful punch and are often prepared with precision for upscale dining.

**Usage:** Perfect for canapés, garnishes, or small fried snacks.

**Cooking Methods:** Deep-frying or sautéing.

## 6. Mignon

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Thick fish mignon cut on a plate, perfect for premium recipes like grilling or baking.

A mignon is a triangular piece of fish fillet folded into the shape of a cornet or cone. This cut is visually striking and lends itself well to artistic presentations.

The mignon's compact size ensures even cooking, making it a preferred choice for plated dishes.

**Usage:** Ideal for decorative and high-end presentations, especially in fine dining.

**Cooking Methods:** Baking or steaming.

## 7. Darne (Steak of Round Fish)

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Round fish darne steak with visible central bone, freshly prepared on a plate

A darne is a thick cross-section cut through the bone of a large round fish, such as cod or salmon. Typically 2-3 cm thick, the drone may be skinned and scaled or left with the skin intact.

This cut retains the natural flavour and moisture of the fish.

**Usage:** Suitable for hearty meals where robust flavours and textures are desired.

**Cooking Methods:** Grilling, roasting, or poaching.

## 8. Tronçon (Steak of Flatfish)

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Flatfish tronçon steak freshly cut on a plate, ideal for poaching or baking

A tronçon is a thick piece of fish, about 4-5 cm, cut on the bone from a flatfish such as turbot or halibut. This cut provides a hearty portion with the bone adding flavor to the dish during cooking.

It is often used in traditional recipes that require a strong fish presence.

**Usage:** Best for recipes requiring robust cuts that retain structure and flavour.

**Cooking Methods:** Grilling or braising.

## 9. Butterfly Fillet

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Butterfly fillet, cut symmetrically, placed on a chopping board for elegant preparation.

A butterfly fillet starts as a single fillet but is split and spread open to form a symmetrical shape resembling a butterfly.



This cut is particularly useful for recipes involving stuffing, as the symmetry allows for even cooking and an attractive presentation.

**Usage:** Ideal for stuffing and baking due to its unique shape and even cooking properties.

**Cooking Methods:** Baking or pan-frying.

## 10. Tail

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Fish tail with intact skin and tapered edges displayed on a chopping board, ready for cooking

The tail cut is taken from the back end of a fish, closest to the tail fin. This section is known for its concentrated flavour and firm texture. Due to its unique composition, it often requires careful cooking to preserve moisture and tenderness.

**Usage:** Often used in dishes where concentrated flavour and firm texture are desired.

**Cooking Methods:** Grilling, roasting, or poaching.

## FAQ: 10 different Cuts of fish

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### What are the different cuts of fish?

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The main cuts of fish include fillets, steaks, loins, and tail portions. Each cut has unique qualities suited for specific cooking methods.

### How do I choose the right cut of fish for my recipe?

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Choosing the right cut depends on your recipe and cooking method. For instance, fillets are ideal for pan-searing, while steaks are perfect for grilling.

### What is the difference between a fillet and a steak cut of fish?

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A fillet is a boneless piece cut parallel to the spine, while a steak is a cross-section cut perpendicular to the spine and may include bones. Fillets cook quickly, while steaks are thicker and more robust for grilling or broiling.

### **How can I cook different cuts of fish?**

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Fillets are great for baking, steaming, or pan-searing. Steaks and loins work well for grilling or broiling. Whole fish can be baked or steamed.