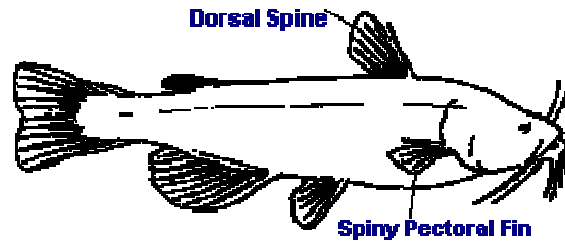


## How to Skin Bullheads

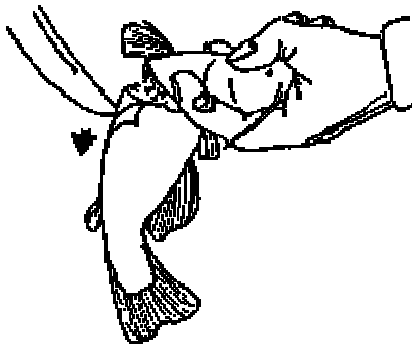
Use this method and with a little practice, a person can clean a fine mess of bullheads in less than a minute each.



**Figure 1:**

This fish is held with the thumb up and the body of the fish held belly down between the first two fingers. Each finger is slipped underneath a spiny pectoral fin.

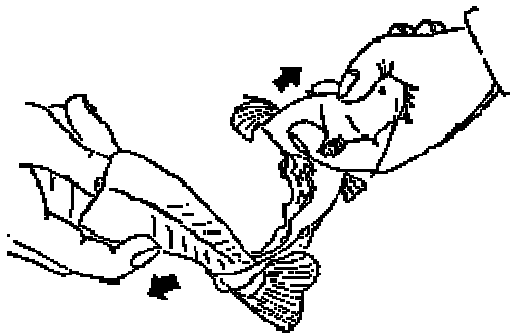
Using a sharp knife, cut into the back at an angle toward the head from directly behind the dorsal spine, down to the backbone. **Do not** sever the backbone.



**Figure 2:**

Bend the body sharply down, breaking the spine and exposing the air bladder and other entrails.

Reverse the knife, and slit the skin down the middle of the back, from the edge of the first cut to the tail.



**Figure 3:**

Grasp the body between the thumb and forefinger and pull in opposite directions.

The head, skin and entrails are removed in one operation, leaving nothing but edible flesh with the backbone attached.

Then roll the fish in cornmeal and deepfry or pan fry . Enjoy with cole slaw, rye bread & butter.