

## How to Properly Clean Carp

Proper fish cleaning and cooking techniques may reduce PCB levels by approximately 50 percent when compared to raw fish fillets. A meal size is considered to be an uncooked 8 ounce fillet.

### Eat only the fillet portions.

- ◆ **Do not eat whole fish or steak portions.** Many chemical contaminants, like PCBs and pesticides (but not mercury), are stored in the fatty portions of fish.
- ◆ **Do**, skin the fish and trim any of the dark meat (lateral line), back strap and belly flap.
- ◆ **Do not eat the heads, guts, liver, or any reproductive parts such as eggs roe.** PCBs usually concentrate in those body parts.
- ◆ **Do not use heads, skin, trimmed fatty portions in soups, stews, chowders, boils, broth or for fish stock.** If you make stews or chowders, only use skinless fillet parts.

### Fish Cooking Methods

- \* Bake, broil, fry, grill, or steam allowing the fats and juices to drain away from the fish.
- \* Cook the fish on an elevated rack that allows fats and juices to drain to the pan below.
- \* Avoid batter, breading or coatings that can hold in the juices that may contain contaminants.
- \* Throw away juices since they contain the PCBs and other chemicals that were in the fat.
- \* Do not pour these juices over the fish as a sauce or to moisten the fish.
- \* After cooking, **discard all liquids and frying oils.**

**DO NOT EAT ANY FISH** from the **Tidal Passaic River, downstream of the Dundee Dam.**

Limit eating carp from the **Passaic River** upstream of Dundee Dam to one meal a month for adult males and

**Do Not Eat** for women who are pregnant or plan to become pregnant, breastfeeding women and young children.

## Fish Smart Eat Smart NJ



GO TO: [www.FishSmartEatSmartNJ.org](http://www.FishSmartEatSmartNJ.org)

### **Fried Christmas Carp**

*(Traditional Fried Carp recipe)*

10½ ounce carp  
1¼ tsps. salt  
Pinch of white pepper  
1½ tbs. butter  
1½ tsp. minced garlic  
½ cup olive oil



\* Debone, remove skin and clean the carp thoroughly (*see inside*)

\* Salt and pepper the fillets, then brush with melted butter and mashed garlic.

\* Fry slowly in hot oil until done.

## Catch of the Day!



# Carp!

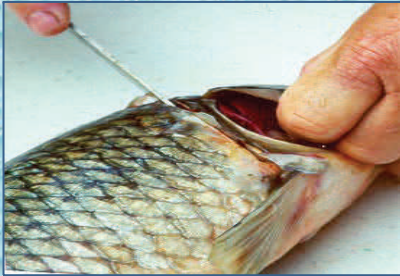
## A HEALTHY WAY TO PROPERLY CLEAN AND COOK CARP

For more helpful fish consumption information go to:

[www.FishSmartEatSmartNJ.org](http://www.FishSmartEatSmartNJ.org)



# HOW TO PROPERLY CLEAN A CARP



1. Start fillet by slitting the area behind the gills. Take care not to puncture the organs.



2. Run the knife down the backbone. You'll feel the ribs with the tip of the knife.



3. Once you're past the ribs, insert the knife and continue the fillet process toward the tail.



4. Remove the fillet from the rib bones to the belly



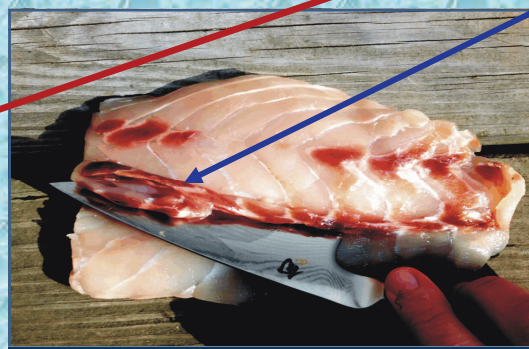
5. Cut off the belly meat and discard the guts or carcass.



6. Place the fillet on a flat surface and slice skin away



7. Remove mud line from the fillet.



8. Remove red (dark) meat with a v-cut .

## DANGER

Dioxin, PCBs and mercury may pose greater risk to babies and young children. For this reason it is important for women who are pregnant, or might become pregnant, breastfeeding women and young children follow the recommendations found in this flyer to reduce exposure

## WARNING

To prevent chemical contaminants from entering your body, clean carp thoroughly before cooking.

Remove "Mud Line"

Remove "Dark Meat" where chemicals concentrate.

Soaking carp in water will NOT remove chemical contaminants

## Other Do's and Don'ts

- ✗ **DON'T** —Keeping carp in a tub or basin of water will remove the mud taste, It will **NOT** remove the chemical contaminants in the fish
- ✔ **DO EAT** smaller, younger fish.
- ✗ **DON'T EAT** older, larger fish because they typically contain high levels of chemical contaminants.

**Mercury can NOT be removed from fish**