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Subject: : Warm Water & Salt Water Fly-Fishing

Topic: : Delaware coast

Re: Delaware coast

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URL:

Yeah...they're a mild, tender fish, but they're a lot of work for what they yield, especially if you want your fillets boneless. Bigger ones (say 14"+) will give you a couple nice fillets if you're careful and patient when cleaning them.

Was talking to one of the locals at the bait shop...when they're catching boat loads of them in August each year they don't even bother to fillet/de-bone them. Just cut the head/tail/fins, gut, and skin. Batter, deep fry, and eat with your hands, pulling the meat off the bones.