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## Monkfish Guidelines for Liver Removal and Storage

Virginia Sea Grant Marine Advisory Program

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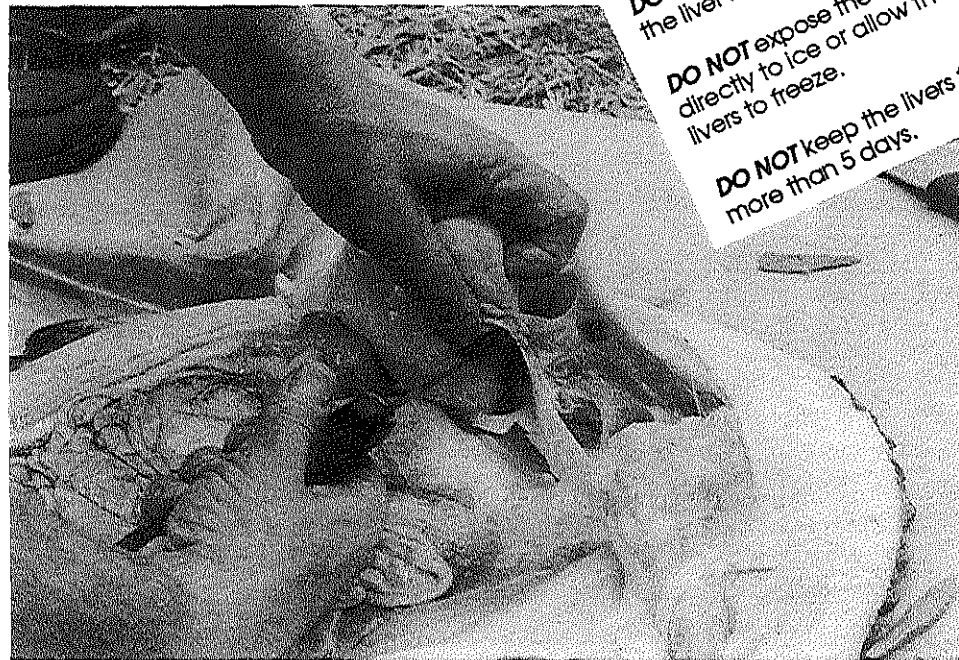
# Monkfish

## Guidelines for Liver Removal and Storage

- 1 Handle the whole fish with care. Place the fish on its back, careful not to grasp or puncture the underside of the fish. Rough handling will blemish the liver, rendering it unmarketable.
- 2 The liver should be removed before the tail is butchered.

Here are two methods for exposing the liver:

- A. Hold the two small fins on the underside of the belly with one hand and cut across the loose skin, leaving a large hole. The liver is the light pink organ.
  - B. With a fillet or roe knife, cut from the vent forward, and between the two small paired fins. While cutting, pull the skin up, so the underlying liver is not punctured. Spread the cut skin to expose the liver, the light pink organ.
- 3 With the liver exposed, gently hold the liver with one hand and carefully cut the membranes which connect it to other organs as you lift it from the body.
  - 4 Gently and thoroughly wash the liver in a bucket of cold seawater. Drain the excess water. Loosely pack livers in a clean rigid plastic container with lid. It is also acceptable to place no more than five pounds of livers in a one-gallon ziploc bag. Do not add extra fresh water or seawater to the containers or bags.
  - 5 Stow bags in fish boxes with a generous amount of ice.



**DO NOT** cut into, or puncture the liver membrane.

**DO NOT** expose the livers directly to ice or allow the livers to freeze.

**DO NOT** keep the livers for more than 5 days.

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