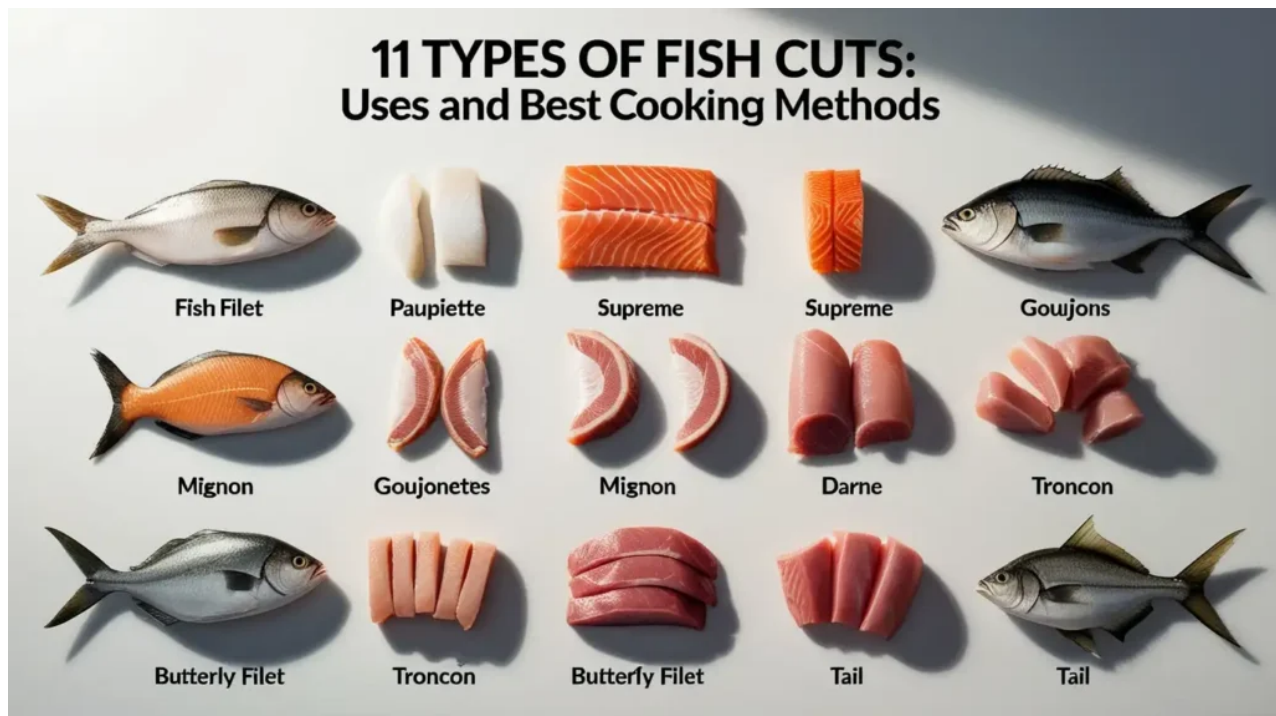


11 Types of Fish Cuts: Uses and Best Cooking Methods

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Saswata Banerjee

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Fish come in a diverse range of shapes and sizes, each offering unique cuts that cater to different recipes, flavours, and cooking techniques. Whether you're a home cook looking to experiment with new dishes or a professional chef crafting gourmet seafood delicacies, understanding **various fish cuts** is essential to maximising both taste and texture.

Like meat or vegetables, fish can be cut in multiple ways depending on its type, bone structure, and cooking method. Some cuts are ideal for **grilling**, while others work best for **poaching or frying**.

Check out the infographic below for a quick visual guide to popular fish cuts, from fillets to unique options like paupiette and butterfly.

10 different Cuts of fish



Fish Fillet



Paupiette



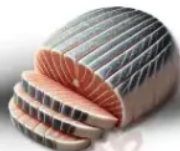
Supreme



Goujons



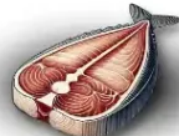
Goujonettes



Mignon



Darne



Tronçon



Butterfly Fillet



Tail

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In this guide, you'll discover **11 essential fish cuts**, their unique characteristics, and the best ways to cook them. Whether you're a home cook or a professional chef, this will help you choose the perfect cut for any recipe.

Table of Contents

Toggle :≡ ◆

- 1. Supreme
- 2. Fish Fillet
- 3. Paupiette
- 4. Goujons
- 5. Goujonettes
- 6. Mignon
- 7. Darne (Steak of Round Fish)
- 8. Tronçon (Steak of Flatfish)
- 9. Butterfly Fillet

- 10. Tail
- 11. Délice
- Conclusion

1. Supreme



A supreme cut of fish, known for its uniform shape, smooth texture, and gourmet appeal.

A **supreme** is a **premium, boneless, and skinless** cut taken diagonally from a large fillet or loin. This refined cut is known for its **uniform shape, smooth texture, and superior tenderness**, making it a top choice for gourmet dishes and fine dining. The diagonal slicing technique enhances its presentation, ensuring a moist, delicate, and flavorful experience.

Why Choose Supreme?

- ✓ **High-quality cut** – Ideal for luxury seafood dishes.
- ✓ **Uniform shape** – Ensures even cooking and an elegant presentation.
- ✓ **Tender & moist** – Retains juiciness and absorbs flavours beautifully.
- ✓ **Perfect for fine dining** – Frequently used in high-end restaurants.

Usage:

- Best suited for **gourmet recipes** where presentation and flavour are key.
- Commonly used in **upscale seafood dishes** with refined plating.

Best Cooking Methods:

- **Grilling** – Enhances texture while locking in moisture.
- **Roasting** – Brings out the natural flavours with a crispy exterior.

- **Sautéing** – A quick and effective way to achieve a golden, flavorful crust.

2. Fish Fillet



A classic fish fillet cut, boneless and versatile for multiple cooking styles.

A **fish fillet** is a boneless, long, and flat cut of fish, carefully separated from the spine and ribs. While most fillets are skinless, some varieties, like salmon or trout, may retain the skin for added flavour and texture. The number of fillets obtained depends on the fish type:

- **Flatfish** (e.g., sole, flounder) yield **four fillets** due to their structure.
- **Round fish** (e.g., cod, tilapia) typically provide **two fillets**.

Fillets contain the bulk of the edible portions of fish, making them one of the most versatile cuts. Their **uniform thickness** ensures even cooking, making them suitable for a variety of dishes, from light and delicate preparations to bold, heavily seasoned recipes.

Why Choose a Fillet?

- ✓ **Boneless & easy to eat** – No need to worry about bones while dining.
- ✓ **Versatile cooking options** – Works well with different cooking techniques.
- ✓ **Mild flavour absorption** – Easily takes on the flavours of marinades, spices, and sauces.
- ✓ **Quick to cook** – Ideal for fast, convenient meals.

Usage:

- Perfect for dishes requiring **uniform fish cuts**, such as delicate sautés, soups, or stews.

- Used in casual and gourmet seafood recipes alike.

Best Cooking Methods:

- **Pan-searing** – Creates a crispy outer layer while keeping the inside moist.
- **Grilling** – Adds a smoky flavour with beautiful grill marks.
- **Baking** – Ideal for even cooking with herbs, butter, or sauces.
- **Steaming** – Retains moisture and enhances delicate flavours.

Related: 10 Different Chicken Cuts with Pictures & Their Best Uses

3. Paupiette



A paupiette, delicately rolled and tied fish fillet, ready for gourmet stuffing.

A **paupiette** is a delicate and elegant preparation where a fish fillet is laid flat, filled with a flavorful stuffing, such as finely chopped vegetables, herbs, or seafood mousse, then rolled tightly and secured with string to maintain its shape. This classic French technique elevates both presentation and taste, making it a refined choice for gourmet dishes.

Paupiettes are often cooked gently in a rich broth, stock, or sauce to infuse them with additional flavour while keeping the fish tender and moist. The filling can be customised to suit various cuisines, from Mediterranean-style herb mixtures to Asian-inspired seafood blends.

Why Choose Paupiette?

- ✓ Adds elegance to fine dining and festive meals.
- ✓ Allows for creative stuffing variations.
- ✓ Enhances flavour by absorbing the richness of broths or sauces.

Usage:

- Ideal for formal dining, celebrations, and gourmet seafood dishes.
- Works well as an appetiser or main course in high-end restaurants.

Best Cooking Methods:

- **Poaching:** Gently cooked in a seasoned broth for tenderness.
- **Baking:** Ensures a firm texture while retaining moisture.
- **Steaming:** Preserves delicate flavours and keeps the dish light.

4. Goujons



Freshly cut goujons—perfectly sized fish strips for crispy frying or baking.

Goujons are **thin, elongated strips of fish fillet**, typically measuring **8 cm long and 1 cm wide**. They are often cut from delicate white fish like **sole, plaice, or cod**, making them ideal for crispy, bite-sized seafood dishes. Due to their uniform size and shape, goujons are a popular choice for appetisers, finger foods, and gourmet seafood platters.

When coated in **batter or breadcrumbs** and fried, goujons develop a **light, crispy texture**, offering a satisfying crunch with every bite. They can also be baked as a healthier alternative while maintaining their delicious taste and texture.

Why Choose Goujons?

- ✓ **Perfect for appetisers & finger foods** – Great for dipping and snacking.
- ✓ **Crispy & flavorful** – Ideal when coated and fried.
- ✓ **Uniform size** – Ensures even cooking and appealing presentation.
- ✓ **Versatile** – Can be seasoned and paired with various sauces.

Usage:

- Served as finger foods or seafood appetisers.
- Used as a garnish for salads or seafood platters.
- Common in kids' meals or fish-and-chip variations.

Best Cooking Methods:

- **Frying** – The traditional method for a crispy, golden exterior.
- **Baking** – A healthier alternative while maintaining texture.

Discover a healthy baked fish goujon recipe from BBC Good Food that's perfect for light meals and kids.

[Visit BBC Good Food – Baked Fish Goujons](#)

[Also Read: 14 Essential Vegetable Cuts: Techniques, Uses, and Sizes](#)

5. Goujonettes



Bite-sized goujonettes—perfect for crispy appetizers, canapés, or elegant seafood dishes.

Goujonettes are **miniature versions of goujons**, consisting of **small, thin strips of fish** that are perfect for bite-sized servings. These delicate cuts are often made from white fish like **sole, plaice, or cod**, ensuring a light and tender texture. Their **small size and crispiness** make them a popular choice for canapés, garnishes, or elegant seafood appetizers.

Though small, goujonettes **deliver big flavour**, especially when coated in **batter or breadcrumbs** and fried to a golden crisp. They are commonly found in upscale dining, where presentation and texture are just as important as taste.

Why Choose Goujonettes?

- ✓ **Perfect for small bites** – Ideal for canapés, hors d'oeuvres, and garnishes.
- ✓ **Crispy & delicate** – A light, crunchy texture when fried.
- ✓ **Refined & elegant** – Frequently used in gourmet cuisine.
- ✓ **Quick to cook** – Requires minimal time for frying or sautéing.

Usage:

- Served as canapés or seafood appetisers.
- Used as a garnish for upscale dishes.
- Ideal for fine dining and cocktail events.

Best Cooking Methods:

- **Deep-frying** – Ensures a crispy, golden crust.
- **Sautéing** – A lighter alternative with a delicate texture.

6. Mignon



Mignon cut—an artistic, compact fish portion perfect for gourmet presentations and even cooking.

A **mignon** is a **thick, triangular piece of fish fillet**, carefully folded into the shape of a **cornet or cone**. This unique cut is prized for its elegant presentation, making it a favourite in fine dining and artistic seafood plating.

The compact shape of a mignon ensures even cooking, preserving the fish's natural moisture and delicate texture. It is often paired with light sauces, herb infusions, or gourmet sides to create a visually striking and flavorful dish.

Why Choose Mignon?

- ✓ **Elegant & visually appealing** – Perfect for high-end presentations.
- ✓ **Compact shape** – Ensures even cooking and moisture retention.
- ✓ **Ideal for gourmet plating** – Frequently used in fine dining.
- ✓ **Light & delicate** – Works well with subtle seasonings and sauces.

Usage:

- Best suited for decorative, plated dishes in fine dining.
- Common in premium seafood menus with refined presentation.

Best Cooking Methods:

- **Baking** – Preserves moisture while enhancing flavours.
- **Steaming** – Keeps the texture soft and delicate.

7. Darne (Steak of Round Fish)



Darne steak—a cross-section cut from a round fish, retaining moisture and rich flavour for hearty dishes.

A **darne** is a **thick, cross-sectioned cut** taken **through the bone** of a large round fish, such as salmon, tuna, cod, or swordfish. Typically **2-3 cm thick**, this cut **retains the bone**, which helps lock in moisture and enhance the fish's natural flavours. Depending on the preparation, the darne may be **skinned and scaled or left with the skin intact** for added texture and flavour.

Due to its firm texture and rich taste, darne steaks are ideal for bold seasonings, marinades, and robust cooking methods. This cut is commonly featured in hearty seafood dishes where both flavour and texture are emphasised.

Why Choose Darne?

- ✓ **Thick & meaty** – Ideal for substantial seafood meals.
- ✓ **Moist & flavorful** – Bone-in cut helps retain juices.
- ✓ **Holds up well to grilling & roasting** – Stays firm without falling apart.
- ✓ **Versatile for various cuisines** – Works with bold seasonings and sauces.

Usage:

- Perfect for hearty seafood meals with rich flavours.
- Common in grilled, roasted, or stewed fish dishes.
- Often used in traditional and rustic seafood recipes.

Best Cooking Methods:

- **Grilling** – Enhances texture with smoky, charred flavours.
- **Roasting** – Locks in moisture and deepens flavour.
- **Poaching** – Keeps the fish tender while infusing flavours from broths or sauces.

8. Tronçon (Steak of Flatfish)



Tronçon steak—a bone-in cut from flatfish, perfect for grilling or braising to retain moisture and taste.

A **tronçon** is a **thick, bone-in steak cut** from a flatfish, such as a turbot, halibut, or brill. Typically **4-5 cm thick**, this cut is taken **straight across the body**, including both top and bottom fillets with the central bone intact. The presence of the bone enhances the fish's

flavour and moisture retention during cooking, making it ideal for traditional, hearty seafood dishes.

Due to its firm texture and robust structure, a tronçon holds up well to **slow cooking methods**, allowing flavours to develop deeply. It is often featured in **classic European seafood dishes**, where its richness complements flavorful broths, sauces, and aromatics.

Why Choose Tronçon?

- ✓ **Thick & meaty** – Provides a substantial portion.
- ✓ **Bone-in for extra flavour** – Enhances taste and keeps the fish moist.
- ✓ **Great for slow cooking** – Absorbs seasonings and sauces well.
- ✓ **Retains structure** – Ideal for dishes requiring a firm texture.

Usage:

- Best for traditional fish recipes that emphasize the depth of flavour.
- Frequently used in French and Mediterranean seafood dishes.
- Works well in hearty stews or slow-cooked preparations.

Best Cooking Methods:

- **Grilling** – Adds a smoky char while keeping the fish juicy.
- **Braising** – Slow-cook the fish in flavorful broths or sauces for a tender result.

9. Butterfly Fillet

A **butterfly fillet** is created by splitting a single fillet down the middle and spreading it open symmetrically, resembling the shape of a butterfly. This technique results in a larger, thinner cut, making it ideal for even cooking and elegant presentation.

Due to its **expansive surface area**, butterfly fillets are perfect for stuffing with herbs, seafood fillings, or vegetables, adding both flavour and visual appeal to the dish. The symmetry ensures that the fish cooks evenly, making it a great choice for delicate, refined seafood recipes.

Why Choose Butterfly Fillet?

- ✓ **Perfect for stuffing** – Allows for creative fillings like herbs or seafood.
- ✓ **Even cooking** – Ensures uniform heat distribution.
- ✓ **Elegant presentation** – Common in gourmet seafood dishes.
- ✓ **Versatile** – Suitable for various cooking styles.

Usage:

- Ideal for stuffed fish recipes, allowing for flavorful fillings.
- Common in high-end seafood dishes with decorative plating.

- Works well for light and delicate preparations.

Best Cooking Methods:

- **Baking** – Helps retain moisture and enhances flavours.
- **Pan-frying** – Creates a crispy exterior while keeping the inside tender.

Great British Chefs offers a simple tutorial on butterfly fish for stuffing and even cooking.

Visit Great British Chefs – How to Butterfly Fish

10. Tail

The **tail cut** is taken from the back end of a fish, near the **tail fin**. This section is known for its firm texture and concentrated flavour, making it a popular choice for dishes that emphasise deep, rich seafood taste. Due to its leaner composition, the tail can **dry out quickly**, so careful cooking techniques are essential to **preserve its moisture and tenderness**.

Because of its distinctive shape and structure, the tail cut is often left **skin-on**, which helps retain moisture and adds a slightly crispy texture when grilled or roasted. It works well in **slow-cooked dishes** where the fish absorbs flavours from broths, marinades, or sauces.

Why Choose Tail Cut?

- ✓ **Intense flavour** – The firm texture enhances the taste.
- ✓ **Firm structure** – Holds up well to various cooking methods.
- ✓ **Great for slow cooking** – Absorbs flavours beautifully.
- ✓ **Common in whole-fish preparations** – Often used in Asian and Mediterranean cuisine.

Usage:

- Ideal for rich seafood dishes that require bold flavours.
- Often used in stews, curries, or whole-fish preparations.
- A great option for grilled or roasted fish dishes.

Best Cooking Methods:

- **Grilling** – Adds a crispy, smoky texture.
- **Roasting** – Locks in moisture while deepening the flavour.
- **Poaching** – Preserves tenderness and enhances taste with broths or sauces.

11. Délice

Délice is a **sophisticated, neatly folded fillet cut**, often crafted from **delicate white fish** like sole or plaice. The fillet is trimmed, folded, and sometimes tied to create an elegant, uniform shape, making it a preferred choice for fine dining and gourmet presentations.

This cut is particularly valued for its smooth texture, aesthetic appeal, and ability to hold fillings or sauces. Délice is often stuffed, poached, or baked, preserving the fish's tenderness and absorbing rich flavours.

Why Choose Délice?

- ✓ **Elegant presentation** – Ideal for high-end cuisine.
- ✓ **Even cooking** – The folded shape ensures uniform heat distribution.
- ✓ **Perfect for stuffing** – Holds fillings like seafood mousse, herbs, or vegetables.
- ✓ **Classic French preparation** – A staple in traditional European seafood dishes.

Usage:

- Common in French cuisine, especially for refined seafood dishes.
- Often used in banquet and gourmet restaurant menus.
- Suitable for delicate sauces and light seasonings.

Best Cooking Methods:

- **Poaching** – Preserves tenderness and enhances subtle flavours.
- **Baking** – Ensures a moist texture while allowing stuffing options.
- **Steaming** – Keeps the fish light and flavorful without overpowering it.

Conclusion

Understanding the different cuts of fish allows you to choose the perfect option for any recipe, whether you're preparing a simple home-cooked meal or an elegant gourmet dish. From the versatile **fillet** and **supreme** to specialised cuts like **paupiette** and **délice**, each offers unique textures and cooking possibilities. By selecting the right cut and cooking method, you can elevate your seafood dishes to a whole new level of flavour and presentation.

Also Read:

- [Classification of Soup: Main Types and Examples](#)
- [9 Types of food and beverage service equipment and their uses](#)
- [What is Food and Beverage Service? Types, Responsibilities, Importance, and More](#)
- [Complete Guide to Different Types of Glassware in Food & Beverage Service](#)