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Cleaning out the PCB in fish

Sportsmen concerned about PCB levels in large Lake Michigan salmon and trout can dispose of much of the chemical by proper cleaning and cooking, says the Michigan Department of Natural Resources.

According to Ned Fogle, DNR Fisheries Division biologist, fishermen should clean their catch immediately. The entrails, fatty layers and kidneys should be removed and the belly flaps should be trimmed off.

"Another method is simply to fillet the fish," Fogle said. "This ensures that fat retaining PCB stays behind."

"Barbecuing or broiling the fish after thorough cleaning will also remove most of the fatty oils containing PCBs," he reminds.

Currently, the Michigan Department of Health is doing research on the possible relationship between PCBs and human health.

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