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Cleaning, cooking of fish secret to eliminating PCB

LANSING — Sportsmen concerned about high PCB levels in Lake Michigan trout and salmon can dispose of much of the industrial chemical by proper cleaning and cooking.

Ned Fogle, a Department of Natural Resources biologist, advised fishermen to clean their catch immediately by removing the entrails, fatty layers and kidneys and by trimming off the belly flaps.

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

Barbecuing or broiling the fish after proper cleaning also removes most of the fatty oils that contain PCB, he said.

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