

# CATFISH



Catfish is the name given to fish from both freshwater and saltwater that have cat whisker-like barbells, no scales and a somewhat flattened head.

Farm-raised catfish has been a highly successful industry since it began in Arkansas in the 1960s. Channel catfish are one of the fastest growing catfish in the world and unlike many other fish, farmed catfish are preferred to wild, which may have a muddy flavor. The quality of catfish can fluctuate with water conditions and feed.

Catfish are one of the most quality-controlled products in the food industry, and its farming is regulated by the Food & Drug Administration.

## Scientific Name

*Ictalurus punctatus*

## Market Name

catfish

## Common Names

channel catfish, channel cat, farm-raised catfish

## Substitutions

grouper, sea bass, rockfish

## Cooking & Handling

| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| Serving Size 100 Grams        |                      |
| Amount Per Serving            |                      |
| Calories 140                  | Calories from Fat 70 |
|                               | % Daily Value*       |
| <b>Total Fat</b> 10g          | <b>10%</b>           |
| Saturated Fat 2g              | <b>10%</b>           |
| <b>Cholesterol</b> 45mg       | <b>15%</b>           |
| <b>Sodium</b> 55mg            | <b>2%</b>            |
| <b>Total Carbohydrates</b> 0g | <b>0%</b>            |
| Dietary Fiber 0g              | <b>0%</b>            |
| <b>Protein</b> 16g            | <b>30%</b>           |

Store seasoned catfish up to 2 days refrigerated. Store boneless, skinless fillets up to 1 day refrigerated.

Catfish is a good, low-fat source of B vitamins and an excellent source of niacin, selenium and potassium.

With mild flavor and usual texture, catfish is as versatile as chicken. In the American South, catfish are commonly

dusted with cornmeal, fried and served with hush puppies and cole slaw.

Flavors that work well with catfish are Cajun seasoning, celery, cornmeal, garlic, green chiles, lemon, olive oil, onion, paprika, pecan, red pepper, scallion, sesame, soy sauce, thyme, tomato and vinegar.

## Cooking Methods

Bake, Broil, Fry, Grill, Sauté

|          |                |
|----------|----------------|
| French   | poisson chat   |
| German   | wels, katfisch |
| Italian  | pesce gatto    |
| Japanese | namazu         |
| Spanish  | lobo           |

## Raw Characteristics

- smells almost like raw chicken
- white to off-white meat
- noticeable translucence, iridescence
- market wt 1-1.5 lbs

## Cooked Characteristics

- mild, sweet tasting
- opaque, white meat
- firm texture
- less flake
- tough skin, which is not eaten

## Global Supply:



United States

## Seasonal Availability

Fresh and frozen are available year-round. Harvests are heaviest from late summer to early autumn.

## DID YOU KNOW?

Most American catfish farms are located in the Mississippi Delta, Alabama and Arkansas. A typical pond is 16 acres and produces 4,000 to 7,000 pounds of catfish per acre.

Catfish are harvested and then transported live in tank trucks from farms to processing plants, where they are processed immediately.