

# Catfish (*Ictalurus Punctatus*)



## COMMON NAMES

Channel Catfish, Channel Cat, Farm-Raised Catfish

## SEASONAL AVAILABILITY

Year-Round

## PRIMARY PRODUCT FORMS

**Fresh:** Whole, Fillets (bones in/boneless), Strips, Nuggets, Steaks

**Frozen:** Whole, Fillets (bones in/boneless), Strips, Nuggets, Steaks

**Value-Added:** Breaded Fillets, Strips, Nuggets; Marinated or Seasoned Fillets, Strips, Nuggets; Prepared Entrees

## PRODUCT PROFILE

**Flavor:**

**Texture:**

## COOKING TIPS

Possessing a fairly mild flavor and an unusual texture, catfish is as versatile as chicken; you can dress it up with a complex sauce, or dress it down for an outdoor barbecue. A mainstay of Cajun, Creole and Southern cooking, channel catfish can handle a variety of sauces or seasonings, from mild to strong.

## COOKING METHODS

- |   |   |                                |
|---|---|--------------------------------|
| <input checked="" type="checkbox"/> BAKE  | <input checked="" type="checkbox"/> GRILL | <input type="checkbox"/> SMOKE |
| <input checked="" type="checkbox"/> BROIL | <input type="checkbox"/> POACH            | <input type="checkbox"/> STEAM |
| <input checked="" type="checkbox"/> FRY   | <input checked="" type="checkbox"/> SAUTÉ | <input type="checkbox"/> BOIL  |

## DID YOU KNOW...

Catfish farming started in Arkansas in 1960 and expanded exponentially as soybean and rice farmers built ponds and processing facilities. Most catfish farms today are located in the Mississippi Delta. A typical pond covers 16 acres and produces 4,000 to 7,000 pounds of catfish per acre. As a rule, U.S. farm-raised catfish are antibiotic- and hormone-free, are recommended by the National Audubon Society as a safe environmental choice, and are listed as a best choice by the Monterey Bay Aquarium.

## GLOBAL SUPPLY



## NUTRITIONAL FACTS

Serving size: 100 g/3.5 oz (raw)  
AMOUNT PER SERVING

Calories	135
Fat Calories	68
Total Fat	7.6 g
Saturated Fat	1.8 g
Cholesterol	47 mg
Sodium	53 mg
Protein	15.5 g
Omega-3	0.4 g

*If it swims we have it.*

SEATTLE FISH CO<sup>EST. 1996</sup>

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