



Catfish

scientific name

Ictalurus punctatus

description

Catfish are characterized by a deeply forked tail and spotted sides; this species has eight barbels and black-tipped fins. Cooked meat is ivory colored.

interesting fact

Catfish most likely got its name from the whisker-like barbels on its face. Catfish use these barbels to feel around murky water. The barbels also contain taste buds allowing the catfish to taste its food.

alternatives

Tilapia and Lake Victoria Perch are great substitutes for catfish.

source

Most farm-raised catfish are raised in the Mississippi Delta, but there are also catfish farms in Louisiana, Texas, California, Idaho, Alabama, and Florida.

harvest method

Catfish are typically harvest using seines.

harvest season

Typically catfish are available year-round.

flavor

Catfish has a mild and delicate flavor.

texture

The texture of catfish is firm and slightly flaky.

quality control

Catfish should be wrapped in plastic and surrounded with ice to insure the temperature control.

other information

Known as one of the most quality-controlled products in the food industry, catfish are grain-fed in order to produce standard, soft-textured, mild tasting meat.

preparation

Catfish is best baked, broiled, stewed, sautéed, grilled, fried, poached, smoked, and steamed.

market segments

Catfish is appropriate for fast food and casual dining.

nutritional facts

3.5 oz (100g) raw edible portion

Calories 163; Calories from Fat 93; Total Fat 10.5g/16%;

Saturated Fat 2g/10%; Cholesterol 58mg/19%; Sodium 47mg/2%;

Total Carbohydrates 0g/0%; Protein 20g; Potassium 268mg.



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