

Buying and Preparation Tips

Be sure to purchase your seafood from a retailer that displays a valid license.

- Farm-raised catfish is sold as whole fish, steaks, fillets, nuggets, strips, marinated and breaded.
- Look for these signs of quality when purchasing farm-raised catfish steaks or fillets: flesh that is firm and not separating; fresh smell and no discoloration.
- Store fresh farm-raised catfish in the coldest part of your refrigerator (usually the lowest shelf at the back or in the meat keeper) at 32° F for up to two days.
- To freeze farm-raised catfish, wrap tightly to prevent freezer burn, write date on package and store at 0°F for up to four months. Thaw in the refrigerator or under cold running water.

- Farm-raised catfish can be fried, broiled, baked, grilled, blackened, sautéed and stir fried.
- Try rubbing a Greek seasoning on farm-raised catfish. Shake the seasoning directly on the fish and gently rub into the flesh.
- Farm-raised catfish is cooked when its meat just begins to flake easily with a fork and it loses its translucent or raw appearance. All fish should be thoroughly cooked.
- The general rule for cooking fish is 10 minutes per inch of thickness at the thickest part of the fillet or steak at 400° - 450° F.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination. After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.



FARM-RAISED CATFISH Recipes



FARM-RAISED CATFISH

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**Florida Department of Agriculture
and Consumer Services
CHARLES H. BRONSON, Commissioner**



Stewed Catfish



- 1 1/2 pounds skinless, boneless Florida catfish fillets
- 2 slices bacon, cut into thirds
- 1 cup chopped onions
- 1 28-ounce can tomatoes
- 1 16-ounce can peas and carrots, drained
- 1 cup chili sauce
- 2 tablespoons Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon pepper

Cut fillets into 1-inch pieces; set aside. Place bacon in a 3 quart microwave-safe dish. Cover and cook in microwave on high for 3 minutes. Add onions and cook an additional 2 minutes. Add remaining ingredients, except fish. Cook for 5 minutes, then stir. Cook 5 additional minutes. Add fish and cook for 10 minutes or until fish flakes easily when tested with a fork.
Yield: 6 servings.

Per serving: calories 231, calories from fat 45, total fat 5g, saturated fat 1g, cholesterol 68mg, total carbohydrate 27g, protein 23g.

Crunchy Baked Catfish



- 2 pounds Florida catfish fillets
- 1 cup light mayonnaise
- 1 cup sour cream
- 2 tablespoons ranch-style salad dressing mix
- 1/4 cup finely chopped Florida green onion
- 3 tablespoons Florida lime juice
- 1-2 3-ounce cans French fried onion rings, crushed

Spray a shallow baking dish with cooking spray. Place fish in dish in a single layer. Blend mayonnaise, sour cream, dressing mix, green onion and lime juice; pour over fish. Cover with crushed onion rings. Bake in a preheated 375° F oven for 20 minutes or until fish flakes easily with a fork.
Yield: 6 servings.

Per serving: calories 400, calories from fat 210, total fat 23g, saturated fat 8g, cholesterol 115mg, total carbohydrate 22g, protein 27g.

**Eat Seafood
Twice a Week...
It's Good For Your Heart**

Catfish au Poivre

- 2 tablespoons Florida lemon juice
- 1 tablespoon light mayonnaise
- 1 1/2 pounds Florida catfish fillets
- 2-4 teaspoons coarsely cracked black pepper
- 1 small clove Florida garlic, minced
- 2 tablespoons minced Florida parsley

Preheat oven to 450° F. Mix lemon juice and mayonnaise in a shallow plate. Roll fillets in lemon mixture to coat lightly. Place fillets in single layer in shallow, non-stick baking dish. Sprinkle with cracked pepper, garlic and parsley. Bake 8-10 minutes or until fish flakes easily with a fork.
Yield: 4 servings.

Per serving: calories 180, calories from fat 50, total fat 6g, saturated fat 1.5g, cholesterol 100mg, total carbohydrate 3g, protein 28g.

**Seafood alternative:
farm-raised hybrid striped bass,
farm-raised tilapia**

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More recipes at www.FL-Seafood.com