



# Catfish, US Aquaculture



There are over 30 species of Catfish in North America and many more around the world. In the U.S. the most commonly commercially available Catfish is the Channel Catfish (*Ictalurus punctatus*). While native from southern Canada to northern Mexico, it is most commonly aquacultured in the Mississippi Delta. Most of the U.S. commercial supply of Catfish is aquacultured. Farmed production of Catfish started in the 1960s and expanded during the 1970s. Catfish has become a popular fish in the U.S., with Americans eating more Catfish than Cod each year.

The Channel Catfish is the official state fish of Missouri and Nebraska and the official state commercial fish of Tennessee. Tastebuds cover the entire body of the Catfish. U.S. farmed Catfish has gained a reputation for sustainable practices due in part to the closed, inland ponds that use recirculated freshwater to raise the fish. The Monterey Bay Aquarium Seafood WATCH® rates farmed U.S. Catfish as a “Best Choice” because “it is farmed in an ecologically responsible manner.”

## Sources



### *Species Name*

*Ictalurus punctatus*



### *Source*

Catfish is native to North America from southern Canada to northern Mexico. Most commercially available Catfish is from the Mississippi Delta area: Mississippi, Arkansas, Alabama, and Louisiana.



### *Seasonality*

Catfish is available fresh and frozen year-round.



### *Fishing Method*

Catfish is aquacultured.

## Features



### *Flavor*

Catfish has a mild, slightly sweet, flavor and a lean, firm texture. While it is flaky, it is less so than most typical white fish.



### *Dietary Information*

Per 100g raw edible portion:

Calories 135

Fat 7.59g

Saturated Fat 1.768g

Carbohydrates 0g

Sodium 53mg

Iron 0.50mg

Protein 15.55g

Cholesterol 47mg

Source: USDA



### *Appearance*

Catfish is named for the barbels (whiskers) around its mouth. It has a round body and a tail with a “V” cut. In the wild, Catfish can weight up to 50 pounds but most farm-raised Catfish is harvested around 1 to 5 pounds. The uncooked flesh is a translucent and iridescent white to off-white sometimes with a pinkish tinge and the cooked meat is opaque white.



### *Form*

Fresh and Frozen Farm Raised Catfish is sold Whole Guttred, Headed Guttred and Skinned “H&G” and filleted.

## Uses

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### *Preparation*

Catfish is versatile. It can be fried, pan-fried, sautéed, baked, grilled, and broiled.



### *Substitution*

We believe Farm Raised Catfish is unique and substitutions are difficult.



### *Handling*

Fresh Catfish should be refrigerated at 30-34 degrees F. Whole fish should be surrounded with fresh ice in a perforated pan which allows any water to drain away from the product for maximum shelf life. Never directly ice a Headed Guttred and Skinned “H&G” Catfish or fillet. H&G and filleted products should be stored in a sealed plastic container and surrounded with ice.

## Market

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### *Sizes and Cuts*

Fresh & Frozen Fillet

- 15# cs - 2/3 oz. / 80 to 120 per case
- 15# cs - 3/5 oz. / 48 to 80 per case
- 15# cs - 5/7 oz. / 34 to 48 per case
- 15# cs - 7/9 oz. / 26 to 34 per case
- 15# cs - 9/12 oz. / 20 to 26 per case
- 15# cs - 12/up oz. / 20 or less per case

Fresh & Frozen Headed & Guttled Skinless “H&G”

- 15# cs - 7/9 oz. / 26 to 34 per case
- 15# cs - 9/11 oz. / 23 to 26 per case
- 15# cs - 11/13 oz. / 18 to 23 per case
- 15# cs - 13/15 oz. / 16 to 18 per case
- 15# cs - 15/17 oz. / 14 to 16 per case

Farm Raised Catfish is also available in a number of value added product varieties.



### *Pricing Scale*

Farm Raised Catfish is an attractively price fish. Prices have remained fairly steady over a number of years and are predicted to remain stable. However, due to market fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, current pricing and availability.



### *Shelf Life*

Fresh whole Catfish which has been handled and stored properly should retain optimum quality for 5-6 days. Once the fish is headed gutted & skinned or filleted product should be used within 3-4 days Catfish which has been properly defrosted may be held refrigerated for 3-4 days. Frozen can be commercially stored for up to one year.

<b>Market Names</b>
Catfish, Farmed Catfish
<b>Where Caught</b>
Mississippi, Louisiana, Arkansas, Alabama
<b>How Caught</b>
Aquacultured



