

## Catfish

Because it's a grain-fed, farmed fish, catfish has a consistently sweet, mild taste. It absorbs other flavors readily. The moist, dense meat is firm and has less flake than the typical whitefish. Fresh catfish meat is white to off-white, sometimes pinkish, with noticeable translucency and iridescence. Cooked meat is opaque and white.



### Product Details

Pack Size	Various
Cooking Methods	Bake, Broil, Fry, Grill, Sauté
Texture	Firm
Flavor	Mild/Moderate
Availability	January - December
Scientific Name	Ictalurus punctatus
Location	United States