

**BLUE CATFISH**  
*ICTALURUS FURCATUS*



**DESCRIPTION:**

The Blue Catfish has a deeply forked tail and white chin barbells. The upper and lower jaws meet evenly, or the upper jaw may project slightly beyond the lower jaw. In body color, the Blue Catfish is light blue. Adult sizes range from 18 to 24 in.

**EATING QUALITIES:**

U.S. farm-raised Catfish has a firm texture, white meat with mild flavor and an excellent source of protein.

**FEED:**

Farm-raised Catfish are fed a puffed, high-protein floating food pellet (a mixture of soybeans, corn, wheat, vitamins and minerals). This specially formulated feed is one of the reasons for the catfish's subtle taste. At 18 months old (averaging 1 to 1½ pounds), farm-raised Catfish are harvested with seines and loading baskets and shipped in aerated tank trucks to the processing plant. Catfish are kept alive until processed, making them among the freshest freshwater fish available.

**SOLD BY:**

Whole dressed: 16-28 oz & 28-40 oz  
 Fillets: 5-7 oz, 7-9 oz, 9-11oz

**NUTRITIONAL INFORMATION**  
 3.5 oz portion

Calories	95
Total Fat	2.8 g
Saturated Fat	0.7 g
Cholesterol	58 mg
Sodium	43 mg
Protein	16.4 g
Omega -3	435 mg

**COOKING METHODS**

Fried  
 Baked  
 Sautéed  
 Grilled

**HANDLING**

Whole fish should be packed in flaked ice. Whole fish and Fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.

**FORTUNE FISH & GOURMET**

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