



www.cport.net

CHANNEL CATFISH

Ictalurus punctatus



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED CHANNEL CATFISH



Catch Our Wave® to Sustainability

Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: www.un.org/en/globalissues/environment). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



Product Presentation	Skinless, Boneless Fillets
Size	3/5 thru 9/11 oz
Pack	1/15 Bulk

For full package details, visit our website.

Catfish is a rather versatile fish, that is adaptable to any number of cooking methods. The white fillets have a firm texture and mild to moderate taste, and easily take on flavors that are introduced during cooking. While deep fat frying is most popular, catfish can be baked, broiled, grilled, poached, sautéed, or pan-fried. For Health & Nutrition benefits go to: www.cport.net

SEASONALITY	FLAVOR	TEXTURE
<p>Low High</p> <p>Jan Feb Mar April May June July Aug Sept Oct Nov Dec</p>	<p>Mild Medium Strong Sweet</p>	<p>Soft Medium Firm Meaty</p>

For more detailed seasonality, visit our website

RECIPE SUGGESTION

Catfish Po'boys

INGREDIENTS:

- 2 tablespoons fat-free mayonnaise
- 1 tablespoon fat-free sour cream
- 1 tablespoon white wine vinegar
- 1 teaspoon sugar
- 2 cups broccoli coleslaw mix
- 1/4 cup cornmeal
- 2 teaspoons Cajun seasoning
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 2 tablespoons fat-free milk
- 1 pound catfish fillets, cut into 2 1/2-inch strips
- 2 teaspoons olive oil
- 4 kaiser rolls, split

DIRECTIONS:

In a small bowl, whisk the mayonnaise, sour cream, vinegar and sugar until smooth. Add coleslaw mix; toss to coat. Set aside. In a large resealable plastic bag, combine the cornmeal, Cajun seasoning, salt and cayenne. Place the milk in a shallow bowl. Dip a few pieces of fish at a time in milk mixture, then place in bag; seal and shake to coat. In a large nonstick skillet, cook catfish over medium heat in oil for 4-5 minutes on each side or until fish flakes easily with a fork and coating is golden brown. Spoon coleslaw onto rolls; top with catfish.

Preparation time: 30 min Serves 4

Nutrition Facts	
Serving Size 4 oz (110g)	
Servings Per Container 60	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value**	
Total Fat 10g	15%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

INGREDIENTS: Channel Catfish, Water, Sodium Tripolyphosphates (to retain moisture).

<http://www.tasteofhome.com/recipes/catfish-po-boys>

METHOD OF HARVEST: Farm Raised
COUNTRY OF ORIGIN(S): China (Hubei Province)

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