



CATFISH



- Farm Raised
- Fillets, Portions/Strips
- IQF
- Packaging: Food Service & Retail
- Origin: China



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Catfish

(Ictalurus Punctatus)

Catfish is a versatile species widely accepted within the food service industry and retail markets. With a mild, non-oily taste, catfish takes on the flavors introduced during preparation.

FEATURES/BENEFITS:

- White to off-white fillets, mild flavor
- Firm, flaky texture
- Consistent quality and year-round availability
- Versatile allowing various cooking methods



QUALITY ASSURANCE:

- Annual plant and 3rd party inspection on all production to ensure quality standards
- Production guidelines in place to meet local and global health requirements
- Sustainably produced and harvested

HANDLING/PREPARATION:

THAWING:

To safely thaw fillets, remove from packaging, place on a plate, cover and leave under refrigeration overnight. To rapid thaw, place fillet in a sealed bag and immerse in cool water. Do not refreeze after thawing.

COOKING SUGGESTION:

Catfish can be baked, broiled, pan-fried, grilled or sautéed.

Bake: Preheat oven to 425°F. Place the Catfish in lightly oiled shallow baking dish. Season to taste, and add butter or margarine. Bake 6-10 minutes per inch of thickness of fillet until it is opaque throughout.

Broil: Preheat broiler. If desired, season to taste. Place pan containing fish 4 to 5 inches from heat, and broil 6 to 10 minutes per inch of thickness of fillet.

Grill: Preheat grill to medium-high heat (375°F). Cover fillets with oil for best results. Place the fillets on the grill, cook for about 5 minutes on each side depending on thickness of the fillet.

Pan-fry: Place catfish in hot oil at 350°F until golden brown or until fish flakes easily. Transfer to plate lined with paper towels to drain, season to taste and serve immediately.

Cooking times and temperatures may vary.
Food safety guidelines recommend cooking fish until the internal temperature reaches 145°F.

SUGGESTED SEASONING/SAUCES:

Almond, caper, chili, chive, dijon mustard, garlic, ginger, lemon sauce, lime, parsley, panko, cracked pepper, sea salt, tarragon, thyme, tomato, and white wine sauce.

Description	Portion Size	Carton & Packaging Options
Fillets, Skinless & Boneless, IQF	2-3, 3-5, 5-7, 7-9, 9-11 oz	1 x 15 lb
Fillets, Skinless & Boneless, IQF	2-3, 2-5, 3-5 oz	1 lb, 2 lb Retail Ready Bag

Packaging applications available for retail & food service in our Early Dawn® brand.

