



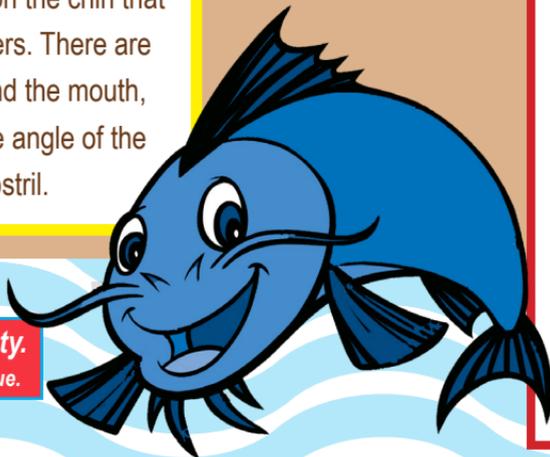
Meet Blue Catfish

What is Blue Catfish?

- Blue catfish is generally slate blue on the back to silvery/white on its underside and has a deeply forked tail.
- Blue Catfish has barbels on the chin that look like long black whiskers. There are four pairs of barbels around the mouth, two on the chin, one at the angle of the mouth, and one behind nostril.

Eating Blue Catfish is also very tasty.

Please look below for recipes and Nutrition Value.



Why Buy?

Buying Blue Catfish is not only a tasty treat, but it will also help benefit the Chesapeake Bay.

Benefits to the bay:

- Catching Blue Catfish will help protect MD crabs and other fish that live in the bay.
- In many Chesapeake rivers, blue catfish pose a significant threat to other kinds of fish.
- Blue catfish are voracious eaters, consuming plants, insects, blue crabs and even other fish.
- Blue catfish live mainly in fresh water and are found in the tidal Potomac River.

For information on these and other meat products, contact James Kalbflesh - MCE Meat Plant, at 301-739-1764

VISIT MCE ONLINE AT: www.mce.md.gov



Blue Catfish Recipes



Blue Catfish Tacos

Ingredients – (2 Servings, Six Tacos)

For the Blue Catfish

One 12 Ounce skinless fillet, sliced into one inch by one inch cubes
Canola oil, for cooking fish
Kosher salt

For the grilled Corn Salsa :

4 1/2 ounces onion, small dice
2 ears corn, grilled until blistered, kernels removed
Juice of 2 ripe limes
1 jalapeno, seeded and finely diced
1/4 bunch fresh cilantro, stemmed and roughly chopped
1/2 tablespoon Kosher salt
5 plum tomatoes, seeded and diced

- Grilled 6-inch tortillas, for serving
- Fried sweet potato sticks, for serving
- Lime slices for serving

Preparation

Grilled corn salsa: Combine the tomatoes, onions, corn, lime juice, jalapeno and cilantro in a mixing bowl and season with salt. Taste and adjust the seasoning as necessary.

Blue Catfish: Heat a saute pan over high heat and coat with oil. Once the pan is hot and the oil slides freely across the pan, place the blue catfish in the pan and sprinkle with salt. Cook until tender to the touch and the fish begins to flake when pushed with a spatula. This fish cooks extremely fast!

Plating: Place the grilled tortillas on a plate and top with the cooked catfish, Grilled Corn Salsa, Slaw and fried sweet potato sticks. Garnish with lime slices.



Zesty Baked Catfish

Ingredients – (Makes 2 servings)

1 teaspoon canola oil
1 teaspoon lemon juice
2 catfish fillets (6 ounces each)
1-1/2 teaspoons paprika
1/2 teaspoon dried tarragon
1/2 teaspoon dried basil
1/2 teaspoon pepper
1/4 teaspoon salt
1/8 teaspoon cayenne pepper

Directions

Combine oil and lemon juice; brush over both sides of fillets. Combine the remaining ingredients; rub over both sides of fillets. Place in an ungreased 15x10x1-in. baking pan. Bake, uncovered, at 350° for 10-15 minutes or until fish flakes easily with a fork.

Nutrition Facts

1 each: 259 calories, 16g fat (3g saturated fat), 80mg cholesterol, 386mg sodium, 2g carbohydrate (0 sugars, 1g fiber), 27g protein.

Blue Catfish Nutrition Value

It is loaded with important nutrients, such as protein and vitamin D. Fish is also the world's best source of omega-3 fatty acids, which are incredibly important for your body and brain. Here are 11 health benefits of eating fish that are supported