Any Catfish (channel, white or bullhead) caught from waters with consumption advisories may contain elevated levels of contaminants, such as mercury, PCBs and dioxins.

For more Healthy information on eating fish from New Jersey Waters
Go to: [www.FishSmartEatSmartNJ.org](http://www.FishSmartEatSmartNJ.org)

Broiled Catfish
4- 4oz fillets
1 tbs. lemon juice
½ tsp. salt
¼ tsp. black pepper
⅛ cup parmesan cheese
2 tbs. of butter
1½ tbs. mayonnaise
4 tomatoes sliced thin
* Coat pan with cooking spray. Coat both sides of fillet with lemon juice, salt & pepper and place in pan.
* Mix cheese, butter and mayonnaise.
* Broil the fillets for six minutes. Turn over the fillets. Pour the mixture over the fillets and top with tomatoes. Return

Contact Us
NJ Department of Environmental Protection, Office of Science. (609) 984-8070
NJ Department of Health – Food and Drug Safety Program (609) 826-4935

Catch of the Day! Catfish!

A HEALTHY WAY TO PROPERLY CLEAN AND COOK CATFISH

For more helpful fish consumption information go to:
[www.FishSmartEatSmartNJ.org](http://www.FishSmartEatSmartNJ.org)
HOW TO PROPERLY CLEAN A CATFISH

1. Start fillet by slitting the area behind the gills. Taking care not to puncture the organs.
2. Run the knife down the backbone. You’ll feel the ribs with the tip of the knife.
3. Once you’re past the ribs, insert the knife and continue the fillet process toward the tail.
4. Remove the fillet from the rib bones to the belly.
5. Place the fillet on a flat surface and slice skin away.
6. Cut off the meat and discard the guts and carcass.

WARNING

Other Do’s and Don’ts

DO EAT smaller, younger, legal size catfish (12 inches –minimum).

DON’T EAT older, larger catfish because they typically contain higher levels of chemical contaminants.

Mercury can NOT be removed from Catfish.

EAT only the FILLETS and remove all of the skin, dark meat, back strap and belly flap as organic chemical contaminants can concentrate in these body parts.

Pros and Cons of eating Catfish

Catfish is low in Sodium, a good source of Thiamin, Potassium and Selenium, and a very good source of Protein, Vitamin D, Vitamin B12 and Phosphorus.

Catfish maybe high in contaminants.