

How to Properly Clean Catfish

Proper fish cleaning and cooking techniques will reduce PCB levels when compared to raw fish fillets. A meal size is considered to be an uncooked 8 ounce fillet.

Eat only the fillet portions.

- ◆ **Do**, skin the fish and trim any of the dark meat (lateral line), back strap and belly flap.
- ◆ **Do not eat whole fish or steak portions.** Many chemical contaminants, like PCBs and pesticides (but not mercury), are stored in the fatty portions of fish.
- ◆ Mercury is throughout the fish.
- ◆ **Do not eat the heads, guts, liver, or any reproductive parts such as eggs roe.** PCBs usually concentrate in those body parts.
- ◆ **Do not use heads, skin, trimmed fatty portions in soups, stews, chowders, boils, broth or for fish stock.** If you make stews or chowders, only use skinless fillet parts.

Fish Cooking Methods

- * Bake, broil, fry, grill, or steam allowing the fats and juices to drain away from the fish.
- * Cook the fish on an elevated rack that allows fats and juices to drain to the pan below.
- * Avoid batter, breading or coatings that can hold in the juices that may contain contaminants.
- * Throw away juices since they contain the PCBs and other chemicals that were in the fat.
- * Do not pour these juices over the fish as a sauce or to moisten the fish.
- * After cooking, **discard all liquids and frying oils.**

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



Broiled Catfish

4- 4oz fillets
1 tbs. lemon juice
½ tsp. salt
¼ tsp. black pepper
¼ 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

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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



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.



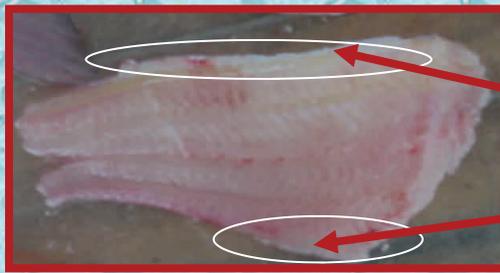
4. Remove the fillet from the rib bones to the belly



5. Place the fillet on a flat surface and slice skin away



6. Cut off the meat and discard the guts and carcass.



Remove the back strap meat

Remove belly meat

DO NOT EAT— heads, guts, liver or reproductive parts such as eggs roe.

WARNING

Chemicals like mercury, polychlorinated biphenyls (PCBs) and dioxins are especially harmful to babies and young children. They can cause cancer, developmental impairments and miscarriage. Women who are pregnant or plan to become pregnant, breastfeeding women and young children should not eat catfish from restricted areas with consumption advisories.



To prevent chemical contaminants from entering your body, clean catfish thoroughly before cooking.



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.*

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