

# Food News And Notes

## U.S. Farm-Raised Catfish: The Safe Choice

(NAPSA)—News reports about the hazards of some imported seafood have made American consumers nervous about ordering at the fish counter and, in some cases, rightly so. Salmonella and potentially dangerous antibiotics and chemicals have been found in Chinese catfish as well as in similar-looking Vietnamese species called basa and tra.

Several states have even placed a “stop sale order” or banned Chinese catfish after tests showed they contained antibiotics, called fluoroquinolones, used by some Asian fish farmers to help keep their stock alive in polluted waters. These antibiotics, banned by the U.S. Food and Drug Administration for use in food animals, can cause numerous health problems in humans, including heart disorders and allergic reactions.

There’s an easy solution to this dilemma: Just order U.S. Farm-Raised Catfish (under U.S. law, vendors are required to disclose the country of origin for the seafood they sell). American catfish are raised in pristine, freshwater ponds under the strictest standards. They are free not only of fluoroquinolones but of a host of other antibiotics and known carcinogens routinely used on Asian fish farms.

U.S. Farm-Raised Catfish not only tastes delicious but is easy to prepare. Grilling or broiling is one great way to go. To flavor the fillets, brush them with seasoned olive oil, prepared salad dressing or mayonnaise mixed with lemon juice or mustard.

Baked catfish with a crisp nut topping is another good idea—easy enough for a weeknight meal and showy enough for company. A colorful vegetable slaw makes a delightful side. More tasty recipes are available at [www.catfishinstitute.com](http://www.catfishinstitute.com).



**Homegrown catfish is a safe choice and has a mild flavor that the whole family can enjoy.**

### NUT-CRUSTED CATFISH WITH CRISP VEGETABLE SLAW

- 3 tablespoons butter, melted**
- ¼ teaspoon salt**
- ½ to ¾ teaspoon ground red pepper**
- 1 cup coarsely chopped pecans, almonds or peanuts**
- 4 U.S. Farm-Raised Catfish fillets (about 6 ounces each)**

**Preheat oven to 425° F. Coat a large baking sheet with non-stick cooking spray. In a small bowl, combine butter, salt and red pepper. Coat both sides of each fillet with seasoned butter. On the prepared baking sheet, place fillets flat side down. Sprinkle tops with nuts. Bake until golden brown and opaque in the center, 10 to 12 minutes. Serve with Crisp Vegetable Slaw.**

**YIELD: 4 portions.**

**Crisp Vegetable Slaw: Combine 1 cup thinly sliced red bell pepper, ¾ cup thinly sliced snow peas, ¼ cup each sliced pitted olives and thinly sliced green onions (scallions), 2 tablespoons chopped parsley, 1 to 2 teaspoons minced jalapeño and 2 tablespoons rice or white vinegar.**

**YIELD: 2 cups.**