

Fish Facts & Fancies

Cooking Up Catfish

(NAPSA)—A growing number of Americans think a certain fish is the cat's meow. U.S. Farm-Raised Catfish is climbing the charts as the country's favorite fish and the delectable treat even has its own month—August is National Catfish Month.



U.S. Farm-Raised Catfish has a smooth, slightly sweet flavor.

The National Fisheries Institute recently ranked U.S. Farm-Raised Catfish as the fourth most consumed fish in the nation. The fish has a consistently mild, slightly sweet flavor and a firm texture.

U.S. Farm-Raised Catfish is adaptable to a variety of recipes and can take as little as 10 minutes to prepare and cook. Quick and easy recipes such as this one for Salsa Catfish are available at www.catfishinstitute.com.

SALSA CATFISH

- 6 U.S. Farm-Raised Catfish fillets, 6 to 8 ounces each**
- $\frac{1}{2}$ teaspoon freshly ground white pepper**
- $\frac{3}{4}$ teaspoon garlic salt**
- 2 cups of your favorite prepared salsa**

Sprinkle the fillets with the pepper and garlic salt. Prepare a hot fire. When ready to grill, place fish on an oiled perforated grill rack. Grill until fish is opaque and flakes when tested with a fork, about 10 minutes per inch of thickness, turning once halfway through cooking.

Serve the fish topped with salsa. Serves 6.