Wild, Natural & Sustainable

Wild ALASKA SURIMI SEAFOOD

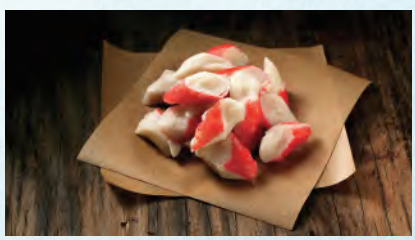
Gadus chalcogrammus (Theragra chalcogramma)

also known as **WILD ALASKA POLLOCK** *or* **WALLEYE POLLOCK** *or* **PACIFIC POLLOCK**

DESCRIPTION

SURIMI SEAFOOD *made from wild Alaska pollock is* **A PREMIUM-QUALITY, FULLY-COOKED, ALL-NATURAL, REAL SEAFOOD PRODUCT.** Though it looks and tastes like many shellfish, it can be shellfish allergen free and is available at a far lower price point.

Surimi seafood is a popular addition to salads, sandwiches, stuffings and toppings, and is used in a number of sushi bar items, including California rolls.



PRODUCTS

Popular surimi seafoods available year-round:

CRAB-STYLE

LEGS OR STICKS
FLAKES
CHUNKS
MINI-CUTS
SHREDS

LOBSTER-STYLE

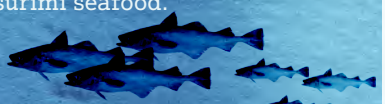
CHUNKS
SALAD-STYLE

SCALLOPS

....And Many More!

WILD ALASKA POLLOCK HARVEST PROFILE

Genuine wild Alaska pollock is minced and processed into surimi, a fish protein paste, which is combined with other ingredients and flavorings to make surimi seafood.



1st Harvest wild Alaska pollock

2nd Process into fillets; mince fillets.

3rd Wash and refine

4th Add ingredients (like sugar) to protect protein during freezing

5th Freeze surimi block

6th Surimi can then be made into many varieties of surimi seafood

HARVEST SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Gulf of Alaska

Bering Sea / Aleutian Islands

ECONOMY

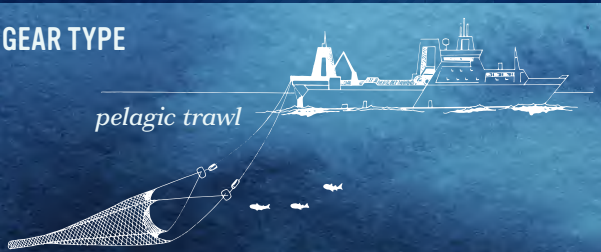
Source: NOAA

pollock jobs ~30 K

pollock vessels ~250

GEAR TYPE

pelagic trawl



SUSTAINABILITY

In Alaska, **PROTECTING THE FUTURE** of both the wild Alaska pollock stocks used in surimi seafood and the environment takes priority over opportunities for commercial harvest. Populations of wild Alaska pollock in the Bering Sea, Aleutian Islands, and Gulf of Alaska are estimated separately using annual scientific research surveys.

Managers use survey data to determine the **"TOTAL AVAILABLE"** population, identify the **"ALLOWABLE CATCH"** and set a lower **"ACTUAL CATCH"** limit to ensure that the wild population in Alaska's waters will always be sustainable.

The Alaska pollock fishery is the LARGEST SUSTAINABLE FISHERY in the United States.

CERTIFIED

The Alaska pollock fishery is certified under two independent certification standards for sustainable fisheries:

- **ALASKA RESPONSIBLE FISHERIES MANAGEMENT** (RFM)
- **MARINE STEWARDSHIP COUNCIL** (MSC)

GASTRONOMY

FIRM • SUCCULENT • SWEET • VERSATILE

"Alaska pollock surimi is a key ingredient in Japanese cuisine. We Japanese chefs use it in a variety of dishes from home-cooking to Kaiseki (traditional fine dining). Surimi always gives me inspiration to create new recipes."

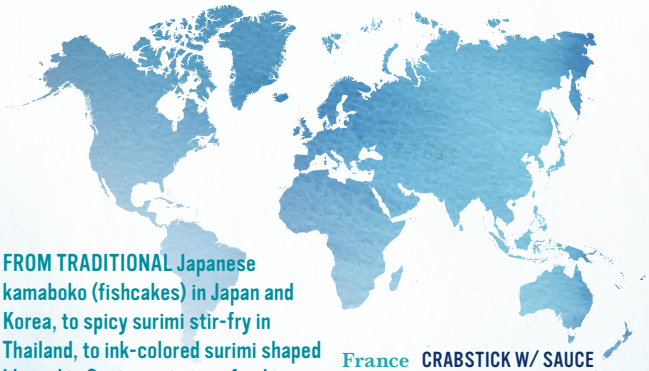
NAOYUKI YANAGIHARA
Cultural Ambassador of Japanese Cuisine

While many may think surimi seafood is a modern creation,
SURIMI SEAFOOD HAS BEEN CREATED & CONSUMED
for at least 900 years,
and some trace its origin even further, going as far back as the 800's!

Innovation

Though the concept of surimi is an old one, the technologies are not. Modern processes are constantly improving nutrition, yield, and the development of new products.

SURIMI SEAFOOD



FROM TRADITIONAL Japanese kamaboko (fishcakes) in Japan and Korea, to spicy surimi stir-fry in Thailand, to ink-colored surimi shaped like eel in Spain, surimi seafood is consumed the whole-world over, often in unexpected shapes and sizes.

Japan KAMABOKO
Surimi seafood cakes/loaves that are steamed until they are firm, served either room temperature or chilled with various sauces. Many types exist and are used in other dishes as ingredients.

Japan CHIKUWA
Translates roughly to 'bamboo' based on its shape, surimi seafood is wrapped around either a bamboo or metal stick and then steamed or broiled.

USA/Canada CALIFORNIA ROLL
A type of sushi roll including cucumber, avocado, and crab stick surimi seafood.

Spain SURIMI ANGULAS/EELBROODS
Eel-shaped surimi seafood, roughly the size of spaghetti and dyed black with squid ink to mimic a traditional meal of juvenile eels.

France CRABSTICK W/ SAUCE
The flavor and texture of surimi seafood is seen as an ideal delivery system for various French sauces.

Hawaii SAIMIN
Hawaiian soup blending a mix of ingredients, but always including kamaboko surimi seafood.

Thailand SQUID SEAFOOD SNACK
Dried snack made from a mix of squid and surimi seafood, typically prepared with a variety of spices.

South Korea GIMPAB/KIMBAP
Sushi-like rolls featuring rice and fillings wrapped with seaweed and flavorings. While the fillings vary, surimi seafood is commonly used.

South Korea EOMUK, ODENG
Korean fishcakes made by mixing surimi, wheat flour, carrots, onion, and sugar, kneading the blend into shapes, and then boiling, steaming or frying. Often served with a fish soup.

SURIMI SEAFOOD *has its own holiday in Japan, where* **NATIONAL KAMABOKO DAY** *is celebrated on November 16th!*

NUTRITION

Surimi seafood **MADE FROM WILD ALASKA POLLOCK IS AN EXCELLENT SOURCE OF COMPLETE, HIGH QUALITY PROTEIN.**

3.0 oz. of SURIMI SEAFOOD
13 g PROTEIN (26% DV)
1.4 mcg VITAMIN B (58% DV)
338 mg OMEGA 3s DHA & EPA

THE HIGH PROTEIN CONTENT OF SURIMI SEAFOOD is easily digestible, and has all nine amino acids the body can't produce itself – a complete protein of the highest quality.

Benefits of Complete High Quality Protein

- *Build and maintain lean body mass*
- *Regulation of metabolism*
- *Improved satiation—leading to lower intake and possible weight loss*
- *Stronger muscles, resulting in greater mobility, strength, and dexterity*

**Nutritional values for Alaska Surimi Seafood vary depending on brand and product form; please check with your supplier for specifics.*

Recipes

Alaska Tropical Surimi Poke Bowl | California Roll Lettuce Cups | Alaska Surimi Seafood Cobb Salad
Alaska Surimi Seafood Artichoke Dip | BBQ Pulled Alaska Surimi Sandwich

Find these and more at WILDALASKASEAFOOD.COM/RECIPES