

# SURIMI SEAFOOD

## A DISTINCTIVE ALTERNATIVE, DELICIOUS AND VERSATILE

Alaska Surimi Seafood is a premium-quality, all-natural seafood product, made from sustainably sourced, genuine Alaska Pollock flavored with crab, shrimp, scallops and/or lobster. It costs less than crab or other shellfish, yet offers a distinctive, succulent sweet flavor and a firm texture that lends itself to a variety of seafood preparations.

## CONSISTENTLY AVAILABLE, STABLY PRICED

Alaska Surimi Seafood is real seafood, made only from abundant, high-quality Alaska Pollock harvested January through April and June through October in the icy waters of the Bering Sea and the Gulf of Alaska. Alaska Surimi Seafood is available year-round.

## PRECOOKED IN A VARIETY OF CONVENIENT FORMS

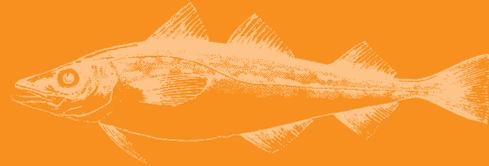
Alaska Surimi Seafood is precooked and ready-to-use, offering zero waste and superior convenience and ease of preparation. It's available in a variety of different value-added forms including whole legs, bite-size mini-cuts, chunk meat, shreds and scallop-shaped for a range of convenient uses.

## USEFUL IN A VARIETY OF PREPARATIONS

Because Alaska Surimi Seafood is real seafood, it can be used in a variety of exciting ways, blending readily with other ingredients and flavors in hot and cold recipes ranging from appetizers and salads to omelets, soups, sandwiches and entrées.

## SUSTAINABLY SOURCED

Alaska has pioneered the standard for sustainable, eco-friendly fisheries management. Unlike many of the world's other fish populations, Alaska's are managed for protection against overfishing and sources of habitat damage. By proactively ensuring a healthy, wild and sustainable harvest, Alaska is protecting its superior seafood for future generations.



*Wild Alaska*

# POLLOCK

## HIGH-QUALITY ABUNDANCE, VALUE AND VERSATILITY

Alaska's most abundant seafood species, genuine Alaska Pollock, is a lean, mild and tender member of the cod family—and not to be confused with Atlantic Pollack, which is darker, oilier and 'fishier' tasting. The most versatile of the Alaska whitefish varieties, Alaska Pollock holds its own in a variety of different preparations.

## WIDELY AVAILABLE YEAR-ROUND

All Alaska Seafood is wild and pure, responsibly managed for continuing abundance. Certified to the strict environmental Standard of the Marine Stewardship Council, Alaska Pollock is a great eco-conscious seafood choice and available frozen year-round.

## MILD FLAVOR FOR WIDE APPEAL

Marketed in skinless boneless fillets, Alaska Pollock is easy to prepare, delivering a mild, appealing flavor with consistent snow-white flesh and a tender texture that has excellent flaking qualities, meeting the taste preferences of consumers who prefer more delicate fish.

## AN ALL-AROUND RECIPE FAVORITE

The most versatile of all whitefish varieties, Alaska Pollock is delicious poached, baked, broiled, steamed, sautéed or deep-fried, and can be paired with any number of flavors and ingredients in everything from fish and chips to delicately sauced fillets.

## SUSTAINABLY SOURCED

Alaska has pioneered the standard for sustainable, eco-friendly fisheries management. In fact, the Alaska pollock fishery has been independently certified as Responsibly Managed based on the most recognized and internationally accepted set of guidelines, written by the United Nation's Food and Agriculture Organization (FAO). By proactively ensuring a healthy, wild and sustainable harvest, Alaska is protecting its superior seafood for future generations.

The Alaska Seafood logo affirms your support for SUSTAINABLE FISHERIES.



*Wild, Natural & Sustainable*

# POLLOCK



**COMMON MARKET NAME(S):**

- Alaska Pollock
- Walleye Pollock

**SCIENTIFIC NAMES:**

- Theragra chalcogramma

**HARVESTING SEASONS:**

- Harvested January through April, and June through October

**SIZES:**

- Range 1 to 4 lbs., average 1.5 to 2 lbs.
- Fillet Sizes: 2-4 oz., 4-6 oz., 6-8 oz., 8-up oz.

**HABITAT:**

- Pollock are a mid-water to bottom dwelling fish usually found between 100 to 300 meters deep

**HARVEST METHOD:**

- Mid-water Trawl

**FOOD SAFETY:**

- HACCP

**ADDITIVES:**

- None

**PRODUCT FORMS:**

- Fillet block (PBO & PBI)
- Deep-skinned fillet block
- Mince block
- Skinless boneless fillets IQF and Shatterpack
- Headed & gutted (H&G)
- Surimi
- Pollock Roe

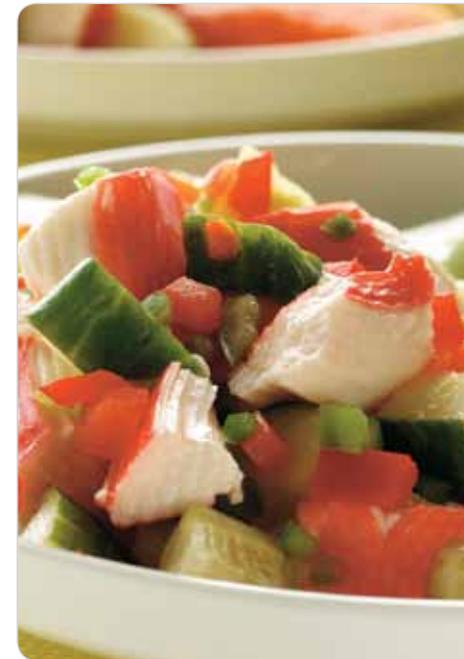
**PRODUCT PACKING:**

- Fillet Block: 16.5 lb./49.5 lb. master
- Mince Block: 16.5 lb./49.5 lb. master
- Surimi Block: 22 lb./44 lb. master
- Shatterpack: 15 lb./45 lb. master
- IQF: 10, 15 and 25 lb.
- H&G: 50 and 80 lb.
- Roe: 16.5 lb./49.5 lb. master

**FOOD SOURCE:**

- Includes plankton and other fish

# SURIMI SEAFOOD



**COMMON MARKET NAME(S):**

- Surimi Seafood
- Crab-flavored seafood, made with surimi, a fully cooked fish protein

**PRODUCT DESCRIPTION:**

- Genuine Alaska Pollock is minced and processed into surimi, a fish protein paste, which is combined with other ingredients and flavorings to make surimi seafood
- This product is a popular substitute for shellfish in salads, sandwiches, stuffings and toppings, and is used in a number of sushi bar items, including California Rolls

**AVAILABILITY:**

- Year-round

**FOOD SAFETY:**

- HACCP

**PRODUCT FORMS:**

- Crab-style products:
  - Legs or Sticks
  - Flakes
  - Chunks
  - Mini-cuts
  - Shreds
- Lobster-style products:
  - Chunks
  - Salad-style
- Scallops

**PRODUCT PACKING:**

- All product forms are available in a range of sizes: 8 oz., 12 oz., 16 oz., 2 lb., 2.5 lb., 5 lb., 10 lb.

**NUTRITION FACTS**

Serving Size: 3.5 oz. (100g) Cooked, Edible Portion	
Calories	110
Protein	23g
Total Fat	1g
Saturated Fat	<.05g
Sodium	115mg
Cholesterol	95mg
Omega-3 Fatty Acids	470mg

**NUTRITION FACTS**

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



*Wild, Natural & Sustainable®*

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For more information and promotional materials, visit the Alaska Seafood Marketing Institute at [www.alaskaseafood.org](http://www.alaskaseafood.org)

