CATANESE CLASSICS

Surimi Seafood

ABOUT

Surimi seafood is simulated shellfish made from cooked, mildflavored, lean, white-fleshed fish — most often pollock and hake/whiting. The fish is deboned, minced, rinsed and rendered into an odorless, white paste called surimi to which starches, red coloring, flavorings, binders and stabilizers are added. This paste is kneaded and braided to the desired texture and shape and then cooked. High-end surimi seafood products include a percentage of natural shellfish meat. Surimi seafoods mimic crab, lobster, shrimp, scallops and even lox. These are known as analog products. Many are pasteurized for extended refrigerated shelf life. Crab-flavored surimi seafood is the most popular of the faux shellfish. Five-inch-long “whole legs” resemble Alaska crab legs. Bite-sized “mini cuts” imitate king or snow crab. “Salad” or ”flake” style is small chunks and shredded pieces resembling picked crab meat. Chunks of 3/4 inch to 2 inches can be bias-cut, straight cut or a combination of the two.

PRODUCT PROFILE

High-grade surimi is a clean white product textured and flavored to closely resemble the species it imitates. It should be firm, but not too firm, which could mean too much starch was added. Mushiness indicates low quality. The degree of sweetness or saltiness varies by brand. Red surface coloring shouldn’t bleed into the white portion. Discoloration and a sour or fermented odor indicate spoilage.

COOKING TIPS

Use surimi seafood in recipes calling for crabmeat, lobster, or shrimp. Because it’s already cooked, it can be used cold for salads or added to casseroles and soups in the last minutes of cooking so it just heats through.



NUTRITION FACTS

Calories	99
Fat Calories	9 g.
Total Fat	0.9 g.
Saturated Fat	0.2 g.
Cholesterol	30 mg.
Sodium	143 mg.
Protein	15.2 g.
Omega 3	0.4 g.

PRIMARY PRODUCT FORMS

N/A

GLOBAL SUPPLY

N/A

COOKING METHODS

Bake Boil Broil Fry Grill
Pate Poach Saute Smoke Steam