# SURIMI

## What is Surimi:

Surimi means 'ground meat' in Japanese and is a processed seafood product.

It's also known as 'seafood highlighter' or 'extender'.

## Fast facts:

- Surimi was invented in Japan in the 12th century and went global in the 1970s.
- Often used as imitation crab, surimi is actually made from fish.
- Fraud and mislabelling are common in the surimi industry.

## GLOBAL SURIMI PRODUCTION

In 2020 an estimated

**650,000**

**TONNES**

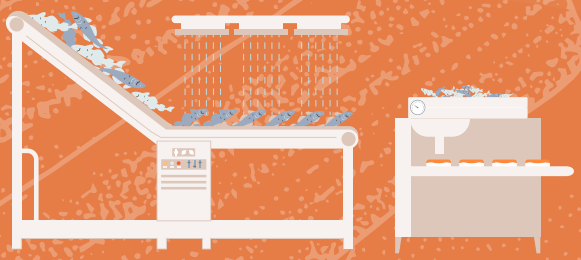
of surimi were produced in Southeast Asia. Australia imports surimi from China, Thailand, India and Vietnam.

**70%**

**OF THE WORLD'S SURIMI IS MADE FROM TROPICAL SPECIES CAUGHT IN SOUTHEAST ASIA**

## HOW IS SURIMI MADE?

Surimi is traditionally made from Alaskan pollock, hake and whiting, but also tropical species like threadfin bream, snapper, grouper, croaker and lizardfish. Surimi can also contain squid, chicken or goat.



Fish are deboned, washed and blended into a paste. Colour, flavourings and other chemicals are added before the mixture is heated and pressed into shape.

## SUSTAINABILITY ISSUES

We can't tell what's in surimi without scientific testing. Studies have found endangered species DNA in surimi. Mislabelling is also common, making it difficult to evaluate sustainability.

## SAY NO

Check the GoodFish Guide for sustainable crab options.

Meat-free alternatives include mushrooms, jackfruit and artichoke hearts.

Australian Marine Conservation Society

GoodFish
Australia's Sustainable Seafood Guide

amcs.org.au