Mentaiko
Wild Alaska Pollock Roe

GASTRONOMY

ABOUT

PRODUCTS

PACKED WITH UMAMI
FLAVOR OF THE OCEAN
without the “fishy” taste
VARYING LEVELS OF SPICE
from mild to hot
SMOOTH, RICH TEXTURE

ABOUT

Translating from Japanese as children (“ko”) of wild Alaska pollock (“mentai”), mentaiko is the highly sought-after delicacy spiced wild Alaska pollock roe. Known as myeongnan in Korean cuisine, the versatility of mentaiko lends itself to use in a variety of Asian-style dishes.

USES
Versatile and flavorful, mentaiko lends a burst of savory goodness and a delightful texture to traditional and fusion cuisines. Replace tobiko as a sushi topping with mentaiko to add more flavor and a softer mouthfeel to a variety of sushi rolls and styles. Add mentaiko to rice bowls for a unique and spicy topping.

HOW IT IS MADE

- Wild Alaska pollock roe is harvested in the Bering Sea and Gulf of Alaska from mid-January through late April.
- Processors remove the skeins, which are then carefully rinsed in saltwater brine.
- Skeins are salted, marinated, and cured with spices and chili peppers.

Registered Trademark - Mentaiko Hand Roll Sushi

TYPES OF MENTAIKO

TARAKO
Salted cured roe, often the skein is intact and not marinated

BARAKO
Loose roe, salted or spiced

KARASHI
Marinated in spices and rolled in togarashi (Japanese red chili pepper)

While Mentaiko is a classic ingredient in traditional Japanese cuisine, it remains incredibly popular in modern menus and packaged products today.

There are even Mentaikai Theme Parks in Japan!

Wild Alaska Seafood Marketing Institute | www.alaskaseafood.org
NUTRITION

ALASKA POLLOCK ROE IS A POWERHOUSE OF QUALITY NUTRIENTS IN A TINY, VIBRANT PACKAGE — a delicious nutritional supplement!

SERVING (15 g) *

- 3.3 g CALCIUM (254% DV)
- 1.5 mcg VITAMIN B12 (63% DV)
- 3.35 g PROTEIN (6.7% DV)
- 351 mg OMEGA 3s DHA & EPA

DV = Daily Value // 15 g = 0.53 oz

* A typical serving of pollock roe is 15 g, whereas a typical serving of most other seafood is 85 g.

THE HIGH OIL CONTENT OF MENTAIKO WILD ALASKA POLLOCK ROE is largely comprised of omega-3 fatty acids: primarily DHA and EPA, the most beneficial and readily usable by the body.

Benefits of DHA & EPA Omega 3s

- Improved heart health
- Improved brain function
- Vital nutrient for growth and development of prenatal babies and infants

CARBON FOOTPRINT

Carbon Impacts of Wild Alaska Pollock as Compared to Other Proteins (kg CO₂-eq per kg of protein)


RECIPE IDEAS

Mentaiko is a classic ingredient in Japanese dishes including canapes, ochazuke, spicy ramen and tasty convenience items like onigiri (rice balls) and mentaiko pasta, a comfort food staple packed with delicious umami and a light seafood taste.

Find the below recipes and more at WILDALASKASEAFOOD.COM/RECIPES

- Cooked Tofu and Mushroom with Alaska Mentaiko Pollock Roe
- Soba Noodles with Grilled Alaska Mentaiko Pollock Roe
- Alaska Mentaiko Pollock Roe Croquette with Sauce

SUSTAINABILITY

IN ALASKA, PROTECTING the future of both the stocks and THE ENVIRONMENT TAKES PRIORITY over opportunities for commercial harvest. Populations of 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.

THE ALASKA POLLOCK FISHERY is certified under two independent certification standards for sustainable fisheries:

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