



STAR-K KOSHER CERTIFICATION

STAR-K Anisakis Fish Policy

(updated 7/16/2025)

The purpose of the lists below is ONLY to clarify STAR-K policy with regard to fish possibly infested with Anisakis worms. It is not intended to address any other STAR-K policies regarding kosher fish (e.g., the requirement for *Bishul Yisroel*, *hashgacha temidis*, buying fish from a non-certified source).

Please REVIEW CAREFULLY since there are some species of fish which appear on BOTH lists. Their acceptability or non-acceptability could depend on *where* they originate or the *type* of fish (i.e., whole or fillet).

Please call STAR-K before using any fish not included on this list.

Until further notice, only the varieties of fish found on the list below *may be used without any need for inspection*:

Baby Salmon
Bangus
Barramundi
Branzini (or Bronzini) farm raised
Carp
Char (farmed)
Cobia
Dorado/Sea Bram (farm raised)
Flounder – Only: Northern Fluke, Georgia Banks, Channel
Gefilte Fish
Herring
Lox (usually farm raised unless it states "wild")
Mahi Mahi
Minced fish sticks, patties, and cakes
Mullet
Nile Perch
Perch (Lake Victoria – Africa)
Ocean Perch (Canadian)
Pike
Pollock – Only: Atlantic
Red Perch (Canada)
Red Snapper (all except Pacific Rockfish; see below)
Sable – Only when made from farm raised Black Cod
Salmon – Only: Farm Raised (examples of names of salmon that are exclusively farm raised: Atlantic, British Columbia, Chilean, New Zealand, Norwegian Wild, All Baby Salmon)
Sardines [whole fish] – Only: from Philippines and Morocco
Sardines [skinless (with *mashgiach temidi*) and boneless] - All
Sea Bass – Chilean, Striped Bass, Grouper (Mexican), Blue Nose (New Zealand)
Tilapia
Trout
Tuna

Turbot (Atlantic)
White Bass
White Perch
Whitefish – Only: Great Lakes
Whiting

The varieties listed below (whether fresh, frozen, or canned) *may not be used, even with hashgacha*:*

Bluefish
Bream
Butterfish
Canned Salmon (unless the can states specifically that it is farm raised)
Cod
Corvina
Fish sticks, patties, and cakes (Cod) – Filleted (minced are permitted)
Flounder - All other types
Haddock
Hake
Halibut
Mackerel
Ocean Perch (Iceland)
Pollock – Alaskan (many fish fillet sticks and patties use Pollock)
Porgy
Red Perch (Iceland)
Rockfish/Red Snapper – from Eastern Pacific, USA, Alaska, CA.
Sable aka Black Cod
Salmon - wild
Sardines [whole fish] – from Norway, Scotland, Portugal, and Poland
Scrod
Sole
Turbot (Pacific)
Yellow Covina/Corker
Yellow Fin Sole
Yellow Perch

*EXCEPTIONS: All fish under the *hashgacha* of the Volover Rov (i.e., Gefen brand) are acceptable. Amnon, Dagim, Dagyam, Finteva, Golden Catch, Sea Diamond and Shindler brand fish (under CRC) are also acceptable.