



## Specialist Process 3: Sushi

### Note:

These controls must be applied throughout the study in addition to main flow chart steps.

### Summary

Sushi refers to food consisting of cooked and pressed rice flavoured with vinegar and garnished with other food ingredients including raw or cooked vinegared seafood, marine fish or shellfish roe, vegetable, cooked meat or egg, which may or may not be wrapped in seaweed.

### What could happen

As a result of the way it is prepared, there is no cooking process to kill any food poisoning bacteria or parasites present. Fresh and frozen raw seafood can contain food poisoning bacteria such as Listeria and Salmonella, and parasites which can cause tapeworm infections in people, none of this contamination can be seen, tasted or smelt, and the food may appear perfectly normal.

### Procedure

- Good quality ingredients to be purchased.
- Fish to be delivered frozen. Ideally suppliers details will indicate fish has been frozen to a minimum temperature of  $-20^{\circ}\text{C}$  for a minimum of 24 hours.
- Any fish where temps of below  $-20^{\circ}\text{C}$  cannot be verified, should be frozen immediately and stored frozen at  $-20^{\circ}\text{C}$  or below for at least 24 hours prior to preparation to kill roundworm & tapeworm.
- Defrost frozen fish in small amounts, in a chiller to reduce time in chilled.
- Fresh Food and any defrosted frozen fish to be stored below  $5^{\circ}\text{C}$ .
- All food to be used raw or lightly cooked to be stored away from raw food to be cooked and also separate to high-risk food to reduce contamination risk.
- Wash fresh fish, rice and vegetables in a dedicated sink for food preparation only.
- Wash hands thoroughly in soap and warm water immediately before preparation of food and observe good hygiene practices.
- Disposable single use gloves are recommended to prepare these foods.
- Dedicated food preparation area/board and equipment to be used.
- Food preparation area and all food contact equipment to be cleaned & disinfected prior to use
- Once cooked chill rice/ other products to below  $8^{\circ}\text{C}$  within 60 minutes or maintain above  $63^{\circ}\text{C}$  .
- Cook any egg used to a minimum of  $75^{\circ}\text{C}$ .
- Maximum preparation time at ambient of 60 minutes (prepare small quantities at once and return to chill storage once prepared).
- For any products which are to be displayed without temperature control, all sushi rice must be mixed with vinegar & salt to achieve suitable acidic conditions (use bought in sushi vinegar).
- Store any prepared products below  $5^{\circ}\text{C}$  prior to service, Serve immediately or display below  $5^{\circ}\text{C}$
- Where lightly cooked or raw products are on display with no temperature control, the maximum time on display must not exceed 60 minutes.
- Any remaining prepared products to be disposed of.