

How to Handle Sushi and Ceviche

Certain raw or undercooked fish used as sushi and ceviche may contain parasitic round worms. In order to eliminate the parasites, these species of fish must be frozen at -4°F for seven days or -31°F for 15 hours. Accurate records of the temperature and dates are required. Fish that would require this treatment include:

- Salmon
- Salmon Roe
- Bonito
- Mackerel
- Sea Bass(not striped bass)
- Snapper(red snapper or rockfish)
- Squid and Octopus
- Trout
- Flounder (halibut, sole and other flat fish).

Your inspector will have a complete list upon request (more complete list below).

Check with your fresh fish provider to see if the requirements for parasite destruction in fish that are to be served raw have been met. If the provider can furnish you documentation that the raw seafood has been frozen for the prescribed amount of time at the correct temperature, then you will not have to freeze and hold the fish. "Sushi Ready" and "Sushi Grade" refers to the quality and freshness of the fish only and not that it is free of parasites.

Parasites
Aji
Hikari-mono (various kinds of "shiny" fish, such as mackerel)
Hirame (flounder or halibut)
Ika (squid)
Ikura (salmon roe)
Karei (flatfish)
Katsuo (only if spotted bonito or skipjack tuna)
Kazunoko (herring roe)
Masu (trout)
Saba (mackerel)
Sake (salmon)
Sawara (Spanish mackerel)
Sawara (Spanish mackerel)
Seigo (young sea bass)
Shima-aji (another variety of aji)
Tako (octopus)

Some of the fish listed above may have multiple species with the same name or type of sushi. During inspection the EHS will need to accurately identify the specific species to assess the threat of parasites.