

Food Code Adoption in North Carolina

New Requirements for Establishments Serving Sushi / Sashimi



Carteret County Health Department
3820 Bridges Street Suite A
Morehead City, NC 28557
252-728-8499

Parasite Destruction Requirements

Fish that will be served raw, marinated, partially cooked or marinated partially cooked are required to be:

- Frozen and stored at a temperature of -4 °F (20°C) or below for a minimum of 168 hours (7 days) in a freezer;
- Frozen at -31°F (-35°C) or below until sold and stored at -31 °F (-35°C) or below for a minimum of 15 hours; OR
- Frozen at -31°F (-35°C) or below until sold and stored at -4°F (-20°C) or below for a minimum of 24 hours.

Documentation of Parasite Destruction

Documentation is required to verify parasite destruction of each type of fish to be served raw, raw marinated, partially cooked or marinated partially cooked. Documentation must include the following:

- If the establishment purchases fish frozen by the supplier, a written agreement or statement from the supplier is required stating the fish are frozen to a temperature and time frame specified in the section above.
- If farm-raised, aqua-cultured fish, such as salmon, are served or sold in ready-to-eat form, a written agreement or statement from the supplier or aqua-culturist stating the fish were farm-raised and pellet fed shall be obtained and retained for 90 days from the time of sale or service.

Parasite destruction and documentation of records is not required for the following:

- ***Yellowfin tuna***
- ***Bigeye tuna***
- ***Northern bluefin tuna***
- ***Southern bluefin***
- ***Farm-raised, aqua-cultured fish (verification letter / statement from supplier is required)***

Sushi Rice Requirements

Pathogen growth in sushi rice must be controlled by using one of the following methods:

- Cold holding (41°F or below)
- Hot holding (135°F or above)
- Adding vinegar to maintain a pH level below 4.2
 - A variance from the regulatory authority is required when vinegar is used to render the rice non-potentially hazardous (written recipe required).
 - The person in charge must demonstrate knowledge of how to properly calibrate the pH meter and test the pH of the rice after preparation.
- Using time in place of temperature control

The Five Key Risk Factors repeatedly identified in foodborne illness outbreaks:

Improper holding temperatures

Inadequate cooking

Contaminated equipment

Food from unsafe sources

Poor personal hygiene