



Guide on Hygiene Practices Sushi and Sashimi



Objective:

This guide provides applicable hygiene practices and other recommendations for catering practitioners, who work in food premises particular in Japanese cuisine or similar establishments, so as to reduce the likelihood of sushi and sashimi exposed to microbiological contamination during food preparation or handling.



Scope of Application:

Food premises are specialised in selling sushi, sashimi or similar food products.

Frequently Asked Questions and Recommended Practices

1

Purchase (Upon Receipt of Goods)



- Make sure that the food is 'Sashimi Grade' with health certificate issued by the authority from the place of origin as well as other relevant documents. Keep all records of foods and other ingredients, such as invoices, receipts, distribution, etc.
- There is no signs of frost or ice crystals on the outer package of frozen food products.

2

Storage



- Food are not properly wrapped nor date marked. The food and its packaging cardboard box are directly put into the freezer.
- Storage temperature does not meet the food safety standards and hygiene requirements.



- Food and other ingredients that require chilling or freezing should be stored in two separate refrigerators or the designated compartment in a refrigerator. Store chilled food below 5°C and frozen food at -18°C or below. Abide by the 'First In, First Out' principle of food storage.

3

Preparation



- Prepare sushi and sashimi in a separate working area, and use a dedicated set of cutlery for food preparation to avoid cross-contamination.
- All food handlers have to maintain strict personal and environmental hygiene practices.

4

Delivery and Display



- Temperature inside the food display cabinet is too high.
- Pre-packaged sushi/sashimi is not labelled the shelf life.



- Sushi and sashimi products must be kept at below 5°C during delivery and display.
- Pre-packaged sushi/sashimi is clearly labelled with information about its expiry day and storing temperature.
- Sushi/sashimi displayed for customer self-service must be adequately protected.



Scientific Knowledge

- Fish intended for raw consumption may contain parasites. Freeze the fish at temperatures of -20°C or below for 7 days, or at -35°C for at least 20 hours to kill parasites.
- When the pH value of food is ≤ 4.6 (acidic food), it can inhibit the growth of most pathogenic microorganisms. Rice vinegar makes the pH value of sushi rice reach ≤ 4.6 so as to reduce the safety risk of sushi rice stored at room temperature.



Business Owner's Responsibility

- Ensure that the sources of goods and food for sale are safe (prepare in an appropriate amount and make sure that all sushi and sashimi put on display are only sold by the end of the day);
- Keep all records, including of the incoming and outgoing invoices or relevant documents, for competent authorities to facilitate product tracing as necessary;
- Keep the shop environment clean and hygienic;
- Make sure the shop attendants complying with the requirements of food safety and hygiene practices;
- Make arrangement for staff to receive pre-employment training on the basic of food safety and hygiene.