

Safe Sushi Preparation

This playbook describes the essential steps for preparing sushi and sashimi to ensure the safety of the dishes. It covers procedures from selecting the right fish to final preparation techniques.

Step 1: **Fish Selection**

Select high-quality, fresh fish that is specifically labeled as 'sushi-grade' or 'sashimi-grade.' Ensure that the fish has been frozen to the appropriate temperatures to kill parasites.

Step 2: **Hygiene**

Thoroughly wash hands and sanitize all work surfaces, utensils, and cutting boards before handling raw fish to prevent cross-contamination.

Step 3: **Thawing**

Thaw frozen fish in the refrigerator or under cold running water to maintain a safe temperature during the thawing process.

Step 4: **Storage**

Keep the fish at safe temperatures, ideally on ice, until it's ready to be prepared. Store it separately from other ingredients to avoid cross-contamination.

Step 5: Preparation

Use a sharp knife specifically for cutting raw fish. Slice the fish against the grain to the desired thickness without crushing or tearing it.

Step 6: Rice Handling

Prepare sushi rice at the right temperature and use vinegar as part of the seasoning to create an unfriendly environment for pathogens.

Step 7: Serving

Serve the sushi and sashimi immediately after preparation. If not served immediately, store it at temperatures that will minimize the risk of bacterial growth.

Step 8: Cleanup

Clean and sanitize all preparation areas and utensils immediately after use to prevent bacterial growth and cross-contamination with other foods.

General Notes

Parasite Destruction

Freezing fish at -20°C (-4°F) or below for a minimum of 7 days or at -35°C (-31°F) or below until solid and storing at -35°C (-31°F) for at least 15 hours is the FDA guideline to destroy parasites.

Cross-Contamination

Always separate raw fish from cooked and ready-to-eat foods. Use separate utensils, cutting boards, and storage to avoid cross-contamination.

Allergy Awareness

Be aware of common seafood allergens such as shellfish and provide allergy information to customers if necessary.

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