

Seafood Handling Guidelines

This playbook outlines the necessary steps for safe handling, storing, and cooking of seafood to maintain quality and prevent foodborne illness.

Step 1: **Selecting**

Choose fresh seafood that smells mild, not fishy, and has firm, shiny flesh. Make sure packaged seafood is tightly sealed and properly labeled with a sell-by date.

Step 2: **Transporting**

Keep seafood cold during transport by placing it in a cooler with ice or in the refrigerated section of your grocery cart, and take it straight home.

Step 3: **Storing**

Refrigerate seafood at 32-38°F (0-3°C) or freeze at 0°F (-18°C) immediately upon arriving home. Use airtight containers or vacuum-seal to prevent cross-contamination.

Step 4: **Thawing**

Thaw frozen seafood in the refrigerator overnight or under cold running water, never at room temperature.

Step 5: **Preparing**

Before handling seafood, wash your hands thoroughly. Use separate cutting boards and knives for seafood to avoid cross-contamination.

Step 6: **Cooking**

Cook seafood to an internal temperature of 145°F (63°C), until flesh is opaque and flakes easily with a fork. This kills potentially harmful bacteria and parasites.

Step 7: **Serving**

Serve seafood immediately after cooking. Do not leave cooked seafood at room temperature for more than two hours or one hour if the temperature is above 90°F (32°C).

Step 8: **Leftovers**

Store leftovers in airtight containers and refrigerate within two hours of cooking. Consume cooked seafood leftovers within three to four days.

General Notes

Allergies

Always be aware of potential allergies when serving seafood to others.

Cross-Contamination

Preventing cross-contamination is crucial. Never let raw seafood come into contact with cooked foods or foods that will be eaten raw, such as salad.

Freshness

The freshness of the seafood when purchased greatly affects the safety and quality of the final dish.

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