

Sushi FAQ

This guide has been prepared to help you prepare and serve sushi safely

Sushi Rice

Sushi rice is usually stored at room temperature. However, in order to store cooked rice at room temperature safely, you have to make sure that the **pH** is correct.

- ♦ What is pH? pH is a measurement of how acidic something is. The lower the number, the more acidic it is.

When you add vinegar to the sushi rice, you are making the rice more acidic.

- ♦ How do you know if the rice is acidic enough to store at room temperature?



Using a pH meter to test sushi rice:

- Mix rice with distilled water (do not use tap water.)
- Use the pH meter to read the pH of the mixture (follow the directions in the instruction book that comes with the pH meter.)
- If the pH of the rice is **4.1 or lower**, then the rice is safe to store at room temperature.
- If the pH is higher than 4.1, do not store the rice at room temperature until you have made the rice more acidic (by adding more vinegar or other acidic ingredients.)

What else do I need?

Where can I get it?

Distilled water	Grocery store
pH meter calibration solution	From the company where you bought your pH meter (see your instruction book for details.)



Be sure to:

- Test the pH every time you make sushi rice.
- Write down the pH of the rice every time you make sushi rice.

Note: Before you start making sushi rice, you must have a variance from the State of West Virginia. Call 304-558-6999 for information on how to get a variance.



Keep in mind: When you have an inspection, if you have sushi rice at room temperature, you must be able to prove to the inspector that the rice has been properly acidified. If you can not prove that the rice has been properly acidified, the inspector will not let you use the rice.

Sushi Fish

All fish used for sushi must have been properly frozen.

Fresh fish can not be used for sushi.

- * How do you know if the fish has been properly frozen?

The supplier that you buy your sushi fish from will give you a Letter of Guarantee. The Letter of Guarantee is a document that certifies that the sushi fish has been properly frozen. It will tell you what temperature the fish was frozen and how long it was frozen before shipping. If you do not have Letters of Guarantee for your sushi fish, call your supplier today and ask for them!

Keep in mind: When you have an inspection, you must have Letters of Guarantee so that you can prove to the inspector that the fish was properly frozen. If you do not have Letters of Guarantee, the inspector will not let you use that fish for sushi.

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