

## Fish Cooking and Storage Temperatures

Cook finfish to a minimum internal temperature of 70°C (158°F); increase to 74°C (165°F) for stuffed fish.

- Cook 10 minutes for each inch thickness (fish should appear opaque and be firm to touch when cooked).

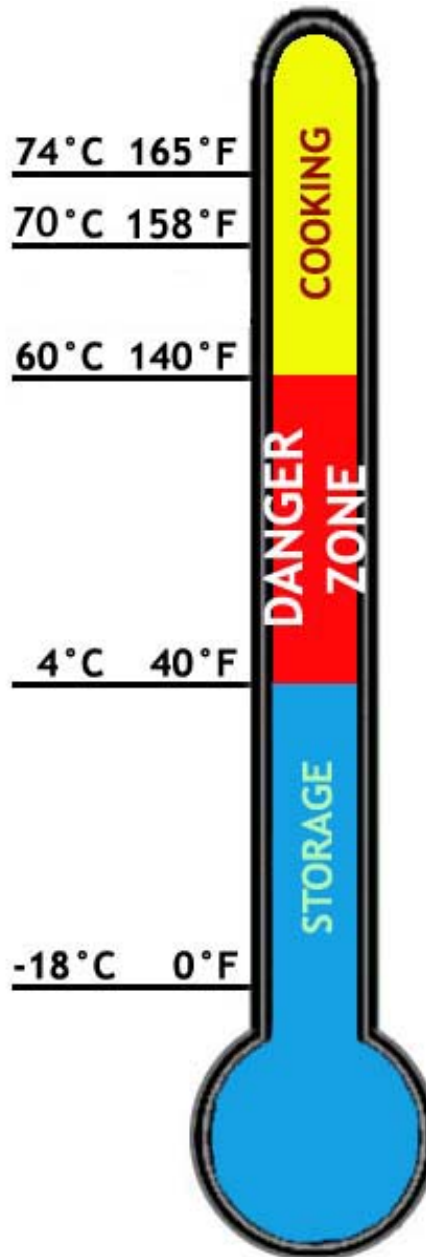
Hazardous Foods must not be held between 4°C and 60°C.

4°C is the maximum storage temperature for fresh fish.

-18°C is the minimum required storage temperature for frozen fish.

- Allows 2-3 months shelf life.
- For parasite destruction FREEZE at -20°C minimum of 7 days *OR* -35°C minimum of 15 hours.

Ref: USFDA Food Code 3-402.11, CFISIG Food Retail Code 3.3.12 & Appendix B



*Most harmful bacteria and parasites are destroyed when internal temperatures reach 70°C.*

*Holding food in the "DANGER ZONE" promotes rapid growth of bacteria and/or toxin production.*

*Storage of fresh fish between -1°C and 2°C will better maintain quality and more than double the shelf life.*

*Storage at -27°C or lower maintains quality for 1-2 years. Also best quality is achieved when freezing fresh to frozen using a blast freezer (rapid airflow).*

*Parasite destruction is required for products consumed raw or partially cooked.*

*For further information please contact your Fish Safety Officer (604.707.2458) Or your local Health Authority*

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