

## Fish Cooking and Storage Temperatures

For stuffed fish: cook to a minimum internal temperature of 74°C (165°F).

For fillet and whole fish: cook to a minimum internal temperature of 70°C (158°F)

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

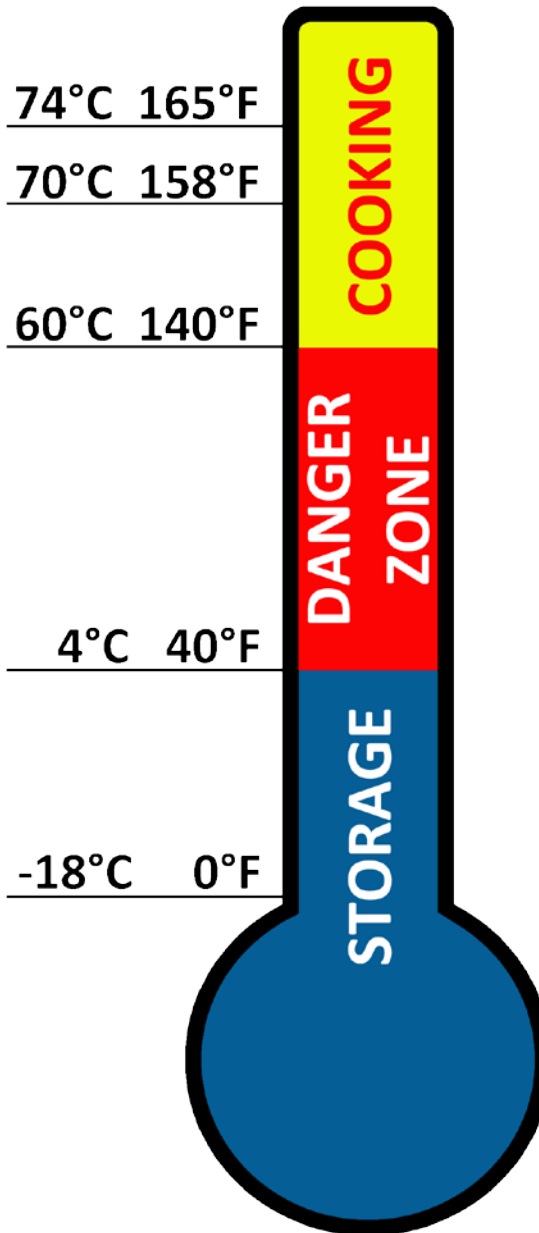
**Hazardous Foods must not be held between 4°C and 60°C.**

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 (-4°F) minimum of 7 days  
OR  
-35°C (-31°F) minimum of 15 hours  
OR  
Frozen to -35°C (-31°F) until solid and stored at -20°C (-4°F) or below

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.

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