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).

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

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

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

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

Updated: Jan 2014