



Appendix D Is Your Sushi Rice Safe to Eat?

Tips for Holding Safe Sushi Rice

How do I ensure sushi rice is safe to eat?

Dry, uncooked rice is not considered a potentially hazardous product. Store uncooked rice at room temperature in a dry, covered container placed at least 6 inches off the ground. The cooking process adds water, making cooked rice a potentially hazardous food that can support the growth of bacteria, which requires additional controls to keep the product safe.

To ensure you are preparing the safest sushi rice possible:

Store sushi rice either below $41^{\circ}\text{F}\pm 2^{\circ}$ or above $135^{\circ}\text{F}\pm 2^{\circ}$ (3-501.16)

or

Use time as a public health control (3-501.19) - If the rice is stored between $41^{\circ}\text{F}\pm 2^{\circ}$ and $135^{\circ}\text{F}\pm 2^{\circ}$ (the temperature danger zone) it must be served within four hours of preparation. Your facility must have a written procedure maintained onsite, and train staff to follow the procedure. Once prepared, you must time label the container of sushi rice and ensure any rice remaining after four hours is disposed.

or

You may have a sample of your sushi rice (made from a consistent recipe) tested by a certified laboratory to determine if the amount of vinegar you add makes the rice so acidic that it will not support the growth of bacteria, essentially making it non-potentially hazardous (See below for details).

What is a potentially hazardous food (PHF)?

The Southern Nevada Health District Regulations define a potentially hazardous food as a food that requires temperature control (TCS) to limit pathogenic microorganism growth or toxin formation and includes an animal food that is raw or heat-treated, a plant food that is heat-treated (**such as rice**) or consists of raw seed sprouts, cut melons, cut leafy greens, cut tomatoes or mixtures of cut tomatoes, which are not modified in a way so that they are unable to support pathogenic microbial growth or toxin formation, or garlic-in-oil mixtures, which are not modified in a way that results in mixtures that do not support pathogenic microbial growth or toxin formation. A PHF may be rendered non-potentially hazardous if its water activity (A_w) and/or acidity (pH) is modified. See Chapter 1, Potentially Hazardous Food (B)(2), Tables A and B of the regulations for these parameters. (www.southernnevadahealthdistrict.org/food-regulations/chapter1.php#PHF)

What is the procedure for having my sushi rice tested to determine if I can hold it a room temperature longer than four hours?

1. Submit a sample of your recipe to a certified lab for pH and/or A_w testing. If the results come back below the thresholds the recipe is considered non-potentially hazardous. See Table A and B: (www.southernnevadahealthdistrict.org/food-regulations/chapter1.php#PHF)
2. Submit a copy of the laboratory report to SNHD for review. A good rule of thumb is if your rice comes back with a pH less than 4.2, rice made per that recipe may remain at room temperature more than four hours.
3. Testing by a certified lab must take place at least once a year for a consistent recipe. Testing must also take place whenever the recipe changes, including changes in ingredients, ingredient amounts or brands of ingredients.

Note: This applies only to sushi rice that is being utilized to prepare sushi for immediate consumption. Sushi containing seafood and other PHFs must be held at $41^{\circ}\text{F}\pm 2^{\circ}$ or colder.