

Sushi Rice Fact Sheet

Sushi rice is a ready to eat preparation of rice commonly used to make sushi and maki rolls. It is usually made by mixing cooked rice with sugar, salt, and rice vinegar. Sushi rice is generally consumed as a component of another food product. **This document refers to the rice only.** Sushi or maki rolls made with raw fish are hazardous foods and must be held according to the [Food Premises Regulations](#).

What is the concern?

Sushi rice is a potentially hazardous food unless the pH is below 4.3 due to the risk of *Bacillus cereus* and *Staphylococcus aureus*. However, makers of sushi rice may want to maintain it at or near room temperature as sushi is traditionally served warm for ideal taste.

Process:

SWPH permits sushi rice to be held without temperature control for a **maximum of eight hours**, if the following conditions are met:

- At minimum, the pH of the rice must be tested weekly.
- The pH of the rice must be consistently below pH 4.3.
- Results must be recorded and available to the Public Health Inspector upon request.

At premises where the rice pH is not checked routinely, SWPH will enforce the “two-hour rule”. After two hours, the product must be reheated to the original cooking temperature, refrigerated, or frozen.

The two-hour limit will only be permitted if the following criteria are met:

- The rice is clearly marked with the time at which they were removed from temperature control and with the time at which they must be discarded.
- Cooking and cooling processes, where applicable, must meet legislated requirements.
- The rice is at or below 4 °C or at or above 60 °C at the starting time.
- Sanitary conditions are maintained to adequately protect food from contamination.
- A written food safety plan that addresses the use of time as control is in place and available to the Public Health Inspector for review upon request.

Other Considerations:

Premises who wish to go beyond this requirement can engage the services of a private lab to run a challenge study on the product. A properly conducted challenge study will have its conclusions reviewed by SWPH. Any changes in recipe or preparation after acceptance requires a submission of a new study.

Resources:

[British Columbia Centre for Disease Control](#)
[National Collaborating Center for Environmental Health](#)

For more information, please contact your Public Health Inspector
at Southwestern Public Health.