

FISH AND SHELLFISH

Arctic Char

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

Bass

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

Black Sea Bass

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

Bluefish

"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

Carp

"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

Catfish

"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

Cod

Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	129°F for 10 to 30 Min (53.9°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)

Flounder

"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

Grouper

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

Haddock

"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

Hake

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
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"Sushi", Medium

"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

Halibut

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	129°F for 10 to 30 Min (53.9°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

King Crab Tail

King Crab Tail	140°F for 30 to 45 Min (60.0°C)
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Lobster

Medium Rare	126°F for 15 to 40 Min (52.2°C)
Medium	140°F for 15 to 40 Min (60.0°C)

Mackerel

"Sushi", Rare	109°F for 10 to 30 Min (42.8°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)