

FISH AND SHELLFISH

Mahi Mahi

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

Marlin

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

Monkfish

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium Rare	118°F for 10 to 30 Min (47.8°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)
Octopus	
Slow Cook	170°F for 4 to 7 Hours (76.7°C)

Fast Cook 180°F for 2 to 3 Hours (82.2°C)

Red Snapper

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

Salmon

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

Sardines

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

Scallops

Pre-Sear	122°F for 15 to 35 Min (50.0°C)
Scrod	
"Sushi", Medium Rare	122°F for 10 to 30 Min (50.0°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

Sea Bass

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

Shark

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

Shrimp

"Sushi" Medium Rare	122°F for 15 to 35 Min (50.0°C)
Medium Rare	132°F for 15 to 35 Min (55.6°C)
Skate	
"Sushi", Medium Rare	129°F for 10 to 30 Min (53.9°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

Soft Shell Crab

Standard 145°F for 3 hours (62.8°C)

Sole

"Sushi", Medium Rare	122°F for 10 to 30 Min (50.0°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	143°F for 10 to 30 Min (61.7°C)

Squid

Pre-Sear	113°F for 45 to 60 Min (45.0°C)
Low Heat	138°F for 2 to 4 Hours (58.9°C)
High Heat	180°F for 1 Hour (82.2°C)