

# FISH AND SHELLFISH

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## Striped 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)

## Sturgeon

"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)

## Swordfish

"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)

## Tilapia

"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)

## Trout

"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)

## Tuna

"Sushi", Rare	100°F for 10 to 20 Min (37.8°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)

## Turbot

"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)