



## Sushi Rice Guidelines

### Acidification for Room Temperature Storage



#### Equipment Needed

- 1-pH meter
- 2-Buffering solutions
- 3- Distilled water
- 4- Printed recipe for sushi rice
- 5- Dated log



#### Sushi Rice Recipe

- \* cups of rice
  - \* cups of water
  - \* cups vinegar
- Place rice and water in rice cooker.....

Date/Time	pH	pH after corrective action
3/2/12 10AM	4.4	
3/2/12 5PM	4.8	4.3
3/3/12 10AM	4.5	



To discourage bacteria from multiplying, your sushi rice must have a certain level of acidity. Acidity level for every batch of newly cooked rice must be measured and the pH recorded. Record measurements of the pH log and keep it on file for at least 6 months. The pH meter must be calibrated **daily** using the buffering solutions according to manufacturer's directions.

#### How to measure the pH of your Sushi rice:

1. Cool the rice for 30 minutes after adding seasoning vinegar
2. Place about ½ cup of rice into clean cup
3. Add about ½ cup of distilled or de-ionized water to rice sample
4. Mix the rice and distilled water in the cup by mashing the rice with a spoon. Let the mixture stand for 30 seconds. Stir gently for 30 seconds more. Allow the mixture to stand for another 20-30 seconds to allow the sediment to settle at the bottom
5. Separate the water from the rice by pouring it into another cup
6. Insert the pH meter probe into the water solution. Allow the numbers on the meter to stabilize. This usually takes 10-15 seconds.
7. Record the results in the pH log, including “**date/time**”, “**pH**”, and if necessary “**pH after corrective action.**”



#### Notes:

Take samples from 4 corners and the center of your rice container. This will enable you to check if the vinegar was mixed evenly and the proper pH was reached.

Be prepared to show your pH log to the Health Department inspector on every inspection they make.

**Corrective Action:** If the pH is above 4.6, action must be taken to correct the pH. Add an additional amount of vinegar to the rice and mix thoroughly. Take another pH reading and record the new pH under “pH after corrective action”. If the pH is still above 4.6, the batch must be discarded. If the pH is still too high after the second pH test, something may be wrong with the rice vinegar. Discard the vinegar. Check the acidity of the vinegar for 3.2% or 3.4% acidity.