

壽司、刺身和生吃肉類 給食物業的食物安全指引

業界諮詢論壇

**Food Safety Guidelines for
Sushi, Sashimi and Meat To Be Eaten Raw**

Trade Consultation Forum

26.03.2026



壽司、刺身和生吃肉類

- 壽司、刺身和生吃肉類屬於高風險食物，因未經或未充分加熱處理，無法有效消滅其中的致病菌。
- 這類食物容易受到病原體污染，例如蠟樣芽孢桿菌、產氣莢膜梭狀芽孢桿菌、沙門氏菌類、金黃葡萄球菌及其他具抗菌素耐藥性的微生物（俗稱「超級細菌」）。

Sushi, sashimi and meat to be eaten raw

- Sushi, sashimi and meat to be eaten raw are considered high-risk foods as there is no or insufficient heat treatment to eliminate harmful organisms that may be present before consumption.
- These foods are susceptible to contamination by pathogens, such as *Bacillus cereus*, *Clostridium perfringens*, *Salmonella* spp., *Staphylococcus aureus* and other microorganisms with antimicrobial resistance (AMR) (commonly known as “superbugs”).

1

壽司、刺身和生吃肉類 常見的食物安全問題

Common food safety problems
related to sushi, sashimi and meat to
be eaten raw





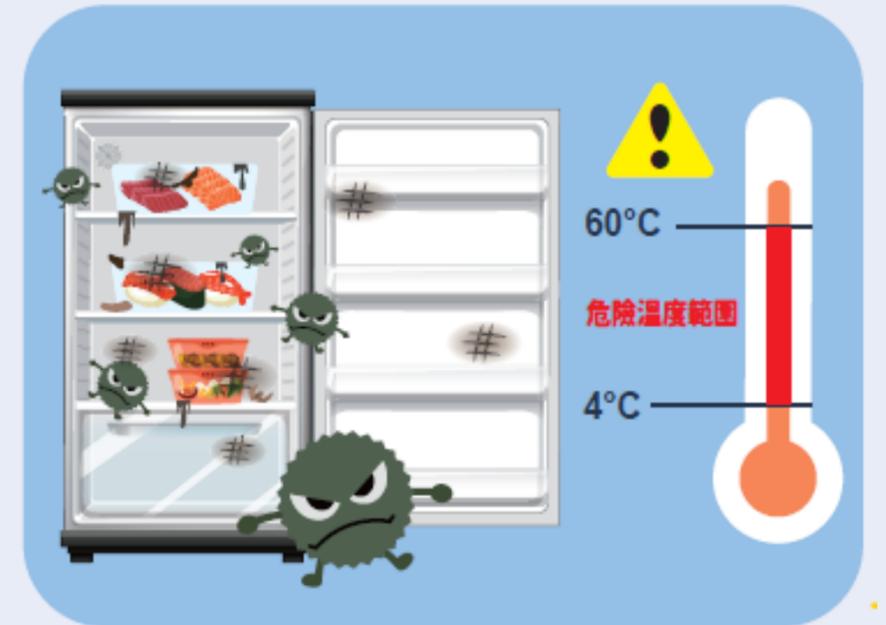
原材料含有有害細菌、寄生蟲或蟲卵

Presence of harmful bacteria, parasites or worm eggs in raw ingredients



配製過程中受到污染

Contamination during preparation



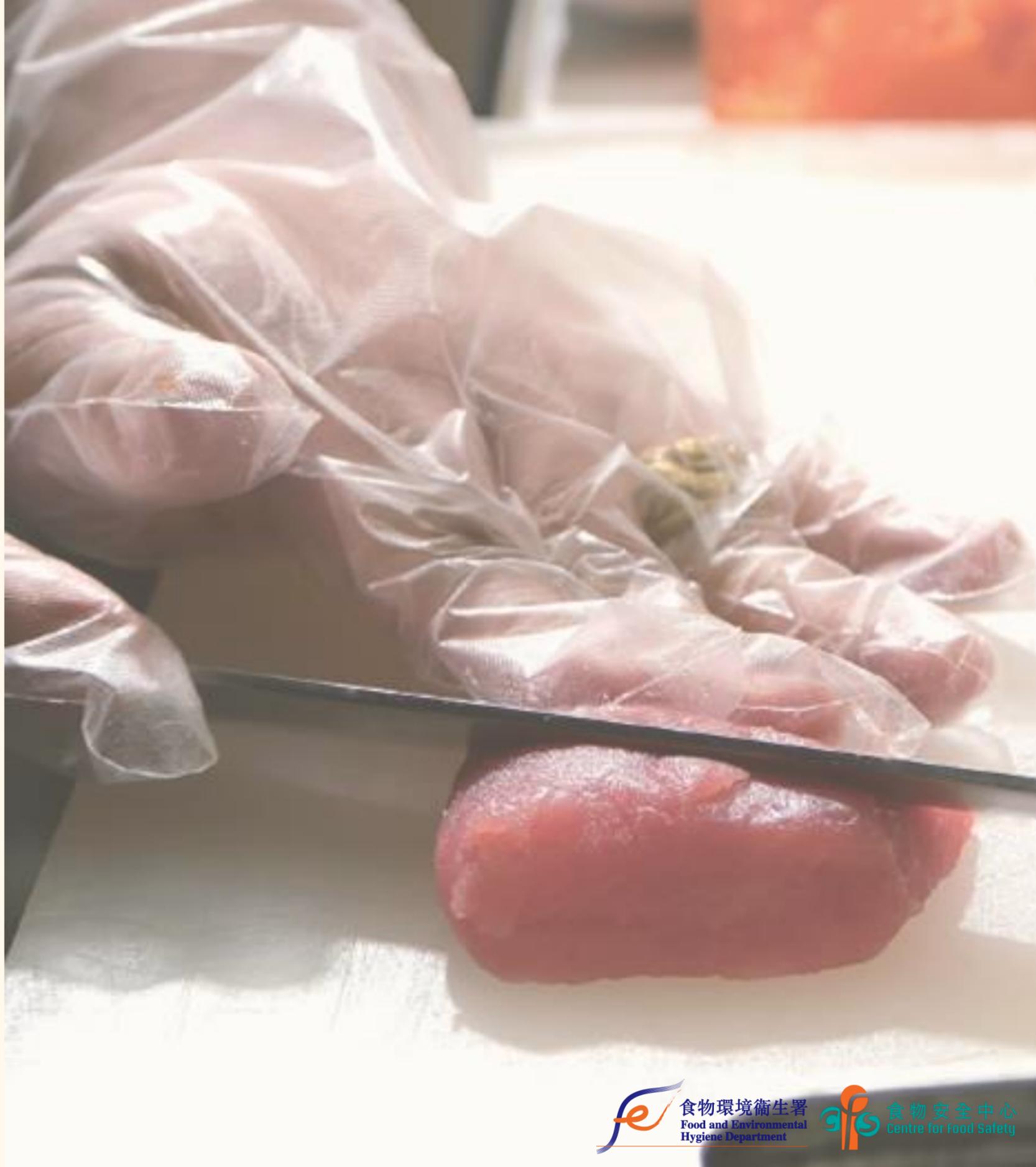
貯存條件及溫度不當

Improper storage conditions and temperatures

2

配製壽司、刺身和生吃肉類的食物安全措施

Food safety measures for the preparation of sushi, sashimi and meat to be eaten raw



選購及收貨

- 從合法、衛生和可靠的供應商採購食物原材料。
- 生吃肉類和供配製壽司和刺身的未經烹煮原材料，須附有由原產地有關當局簽發、並獲食物環境衛生署署長認可的有效官方衛生證書。
- 檢查冷凍及冷藏食物的到貨溫度：
 - ✓ 冷凍食物須為攝氏4度或以下
 - ✓ 冷藏食物須為攝氏零下18度或以下



Purchasing and Receiving

- Obtain food ingredients from approved, hygienic and reliable sources.
- Use meat to be eaten raw and raw materials for sushi and sashimi preparation that are accompanied by valid official health certificates issued by the competent authority of the exporting countries and recognised by the Director of Food and Environmental Hygiene.
- Check the receiving temperature of chilled and frozen food:
 - ✓ Chilled food at 4 °C or below
 - ✓ Frozen food at -18 °C or below



貯存

- 將刺身和生吃肉類分開存放於獨立雪櫃，並確保溫度適當（冷凍狀態於攝氏4度或以下，冷藏狀態於攝氏零下18度或以下）。
- 標示食物之貯存時間，並定期檢查以確保新鮮和安全。
- 未經烹煮的材料應與生吃食物分開存放，以防止交叉污染。
- 即食食物於使用前須蓋好或包好保存。

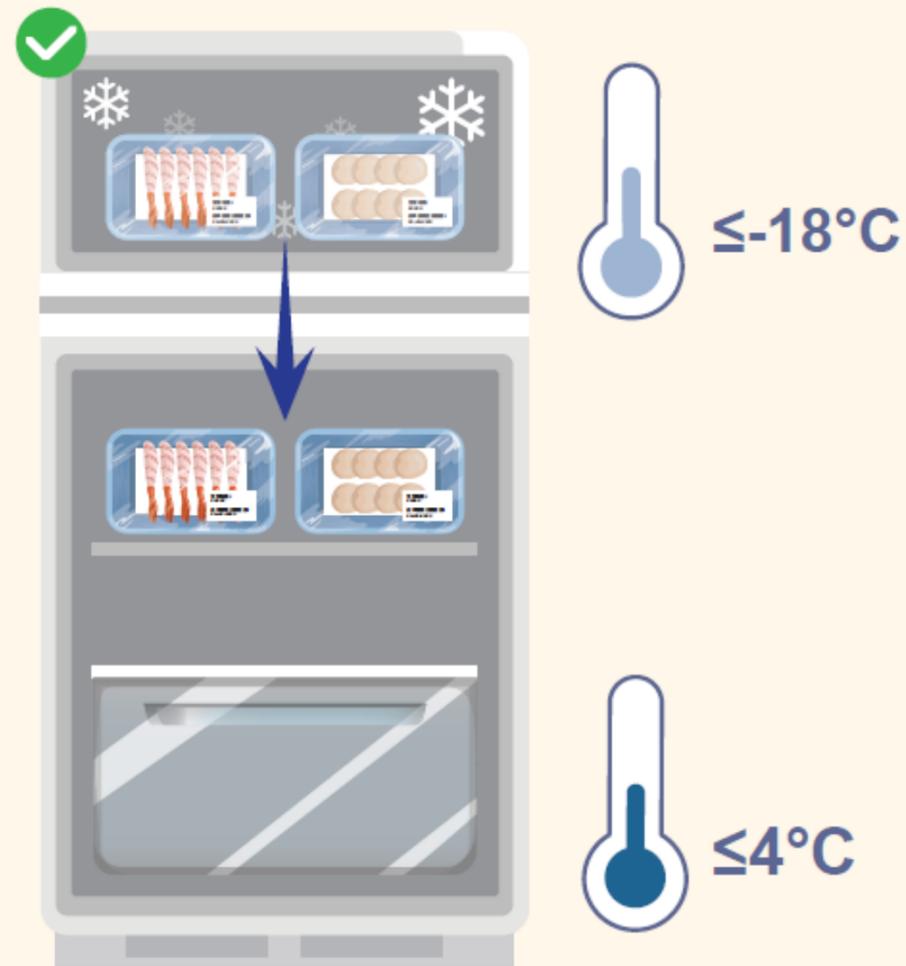


Storage

- Store sashimi and meat to be eaten raw in a separated refrigerator at a proper temperature (Chilled state at 4°C or below; frozen state at -18°C or below).
- Label the storage time of the food and conduct regular checks to ensure freshness and safety.
- Store raw ingredients and food eaten raw separately to prevent cross-contamination.
- Keep ready-to-eat items covered or wrapped until use.

配製

- 於作業前徹底清洗和消毒所有食物處理用具及工作枱面。
- 在攝氏4度或以下的雪櫃內解凍冷藏食材（只解凍所需份量），並在處理前將食材保持於這溫度範圍內。
- 避免再次冷藏及解凍食物。



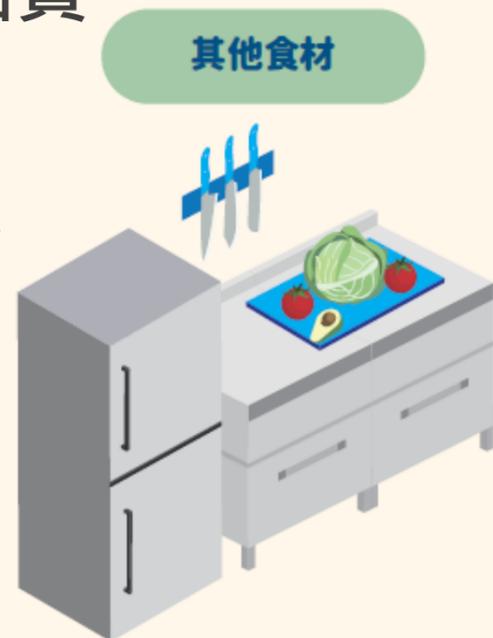
Preparation

- Clean and sanitise all food preparation utensils and surfaces before work.
- Defrost frozen raw materials (in small amounts as needed) in refrigerators at 4°C or below and maintain them at this temperature before handling.
- Avoid re-freezing and re-defrosting.

配製

處理海產 / 生吃肉類

- 在食物配製區內劃分獨立區域處理刺身。
- 使用專用設備（包括刀具、砧板和洗滌槽）處理刺身。專用設備應有妥善標籤，並須與其他設備分開存放。
- 將刺身切件 / 切片時應迅速進行，縮短刺身暴露於室溫下的時間。
- 切件 / 切片後的刺身應立即貯存於攝氏4度或以下，以保持新鮮及品質。
- 以日期和時間編碼標示已處理的刺身。



Preparation

Handling of marine products / meat to be eaten raw

- Allocate a separate section in the food room for sashimi preparation.
- Use only designated equipment, including knives, chopping boards, and sinks for handling sashimi. The equipment should be labelled properly and kept separately from other equipment.
- Cut or slice sashimi swiftly to reduce its exposure to room temperature.
- Once cut or sliced, sashimi should be stored at 4°C or below to maintain its freshness and quality before serving.
- Use date and time coding to label sliced sashimi.

配製

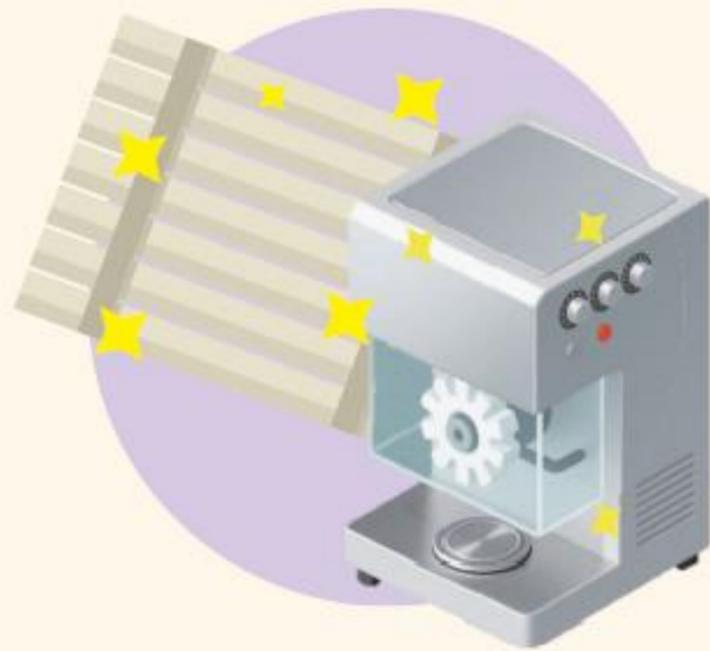
處理壽司

- 使用專用設備（包括刀具、砧板和洗滌槽）處理壽司。專用設備應有妥善標籤，並須與其他設備分開存放。
- 製作壽司所用的自動倒模具、竹墊和塑膠墊等設備，須每日定時以沸水或食品級消毒劑清洗和消毒。

Preparation

Handling of sushi

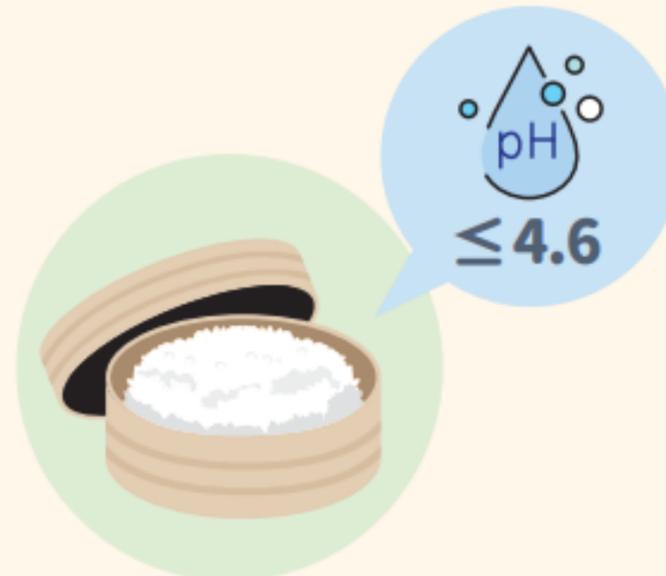
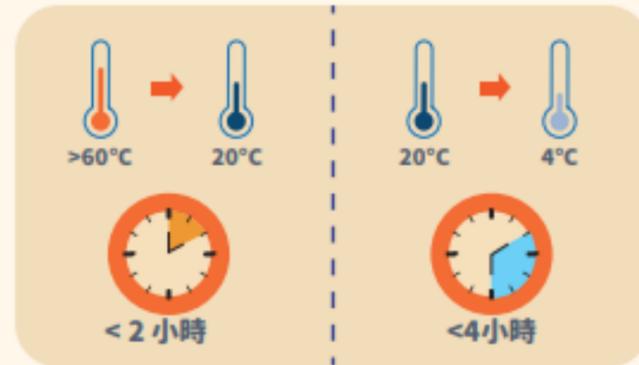
- Use only designated equipment (including knives, chopping boards, and sinks) for handling sushi. The equipment should be properly labelled and kept separately from other equipment.
- Equipment, such as automatic rice moulders, bamboo and plastic mats, used in sushi preparation must be cleansed and sanitised regularly throughout the day with either boiling water or food-grade chemical disinfectants.



配製

處理壽司飯(醋飯)

- 煮好的飯須盡快於兩小時內由攝氏60度降至攝氏20度，再於四小時或以內由攝氏20度降至攝氏4度。
- 煮好的飯應適度加酸至酸鹼值4.6或以下，以抑制細菌（如蠟樣芽孢桿菌、產氣莢膜梭狀芽孢桿菌）生長。
- 煮好的飯應盡快加酸。
- 定期檢測醋飯的酸鹼值，尤其是當有新的員工或壽司配製方法時。
- 以日期和時間編碼標示每批煮好的飯或醋飯，以方便存貨輪換，確保有效實行「先入先出」的原則。
- 每日結束營業後，剩餘的飯須全部棄掉。



Preparation

Handling of sushi rice (vinegared rice)

- Cool cooked rice from 60°C to 20°C as quickly as possible (within 2 hours); and from 20°C to 4°C within 4 hours or less.
- Cooked rice should be properly acidified to a pH of 4.6 or below to inhibit the growth of bacteria, such as *Bacillus cereus* and *Clostridium perfringens*.
- Rice should be acidified as soon as it is cooked.
- Check the pH of vinegared rice regularly, especially when there are new staff or new recipes.
- Use date and time coding to label each batch of cooked rice or vinegared rice to facilitate proper stock rotation and ensure the “first-in, first-out” principle is effectively implemented.
- The remaining rice must be discarded at the end of day.

配製

處理預先包裝或罐頭即食配料

- 打開預先包裝即食配料（如粟米、醃漬薑、海苔）的包裝時應小心使用已消毒的工具，以避免污染。
- 打開罐頭或包裝後，將食物轉移至清潔、有蓋的容器內冷藏保存。



處理新鮮蔬果

- 如使用消毒劑清潔新鮮蔬果，須選用食品級消毒產品，並依製造商指示（濃度及接觸時間）使用，以確保食物安全及消毒成效。
- 切開的新鮮蔬果（如牛油果、青瓜）須蓋好並貯存於攝氏4度或以下。



Preparation

Handling pre-packaged or canned ready-to-eat ingredients

- For pre-packaged ready-to-eat food ingredients (e.g. corn, pickled ginger and seaweed) open the pack with sanitised utensils carefully to avoid contamination.
- Transfer food from an opened can/package to a clean, lidded container before refrigeration.

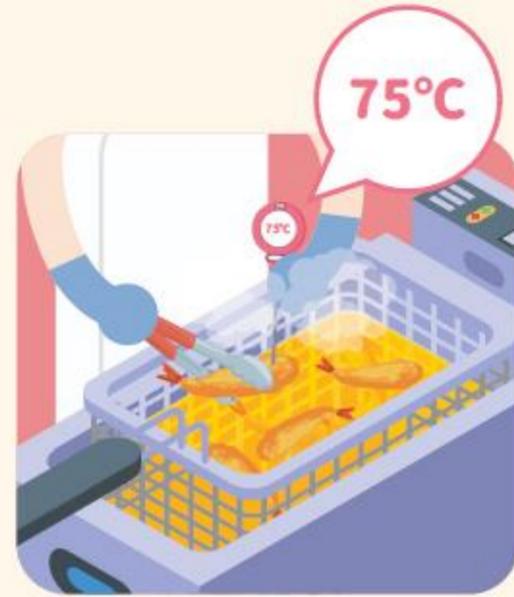
Handling of fresh produce

- If disinfectants are used for fresh produce, food grade products should be chosen and used in accordance with the manufacturer's instructions regarding concentrations and contact time to ensure food safety and effectiveness.
- Cut fresh produce (e.g. avocados and cucumbers) should be stored at 4°C or below with proper cover.

配製

烹煮或翻熱食物

- 不供生吃的食物（如軟殼蟹、鰻魚、天婦羅蝦）須徹底煮熟、煎炸或加熱，使其中心溫度達攝氏75度或以上並保持30秒。
- 已煮熟的食物不宜長時間放於室溫，須於攝氏60度以上保存。因此，應制定生產時間表，避免過早製作食物。



配製壽司醬料

- 配製含蛋黃醬料時應使用經巴士德消毒的蛋製品，以降低生蛋導致沙門氏菌污染的風險。
- 配製以蛋黃醬為基底的壽司醬料時，須確保配方的酸鹼值為4.1或以下，以防止李斯特菌和沙門氏菌類滋生。



Preparation

Cooking or reheating of ingredients

- Thoroughly cook, fry or reheat ingredients that are not intended for raw consumption (e.g. soft-shell crab, eel, and shrimp tempura) until the food reaches a core temperature of at least 75°C for 30 seconds.
- Cooked ingredients should not be left at room temperature for too long and should be stored above 60°C, so plan the production schedule and avoid preparing cooked ingredients too far in advance.

Preparing sushi dressing

- Use pasteurised egg products to prepare mayonnaise-based dressings to reduce the risk of *Salmonella* contamination by raw eggs.
- For mayonnaise-based sushi dressings, a total formula pH of less than or equal to 4.1 is essential to inactivate *Listeria monocytogenes* and *Salmonella* spp. in the dressing.

包裝和運送

- 壽司、刺身和生吃肉類須以潔淨、食品級、無毒材料妥善包裹，避免污染。
- 在壽司、刺身和生吃肉類的包裝上清楚標示貯存指示和「此日期或之前食用」限期。
- 在運送過程中，所有壽司、刺身和生吃肉類應存放在專用、清潔和衛生的環境，且溫度保持於攝氏4度或以下，以減低交叉污染的風險和防止細菌滋生。



Packaging and Transportation

- Ensure that sushi, sashimi and meat to be eaten raw are properly wrapped using clean, food-grade and non-toxic materials to prevent contamination.
- Clearly label packaged sushi, sashimi and meat to be eaten raw with appropriate storage instructions and a “use-by” date.
- Store sushi, sashimi and meat to be eaten raw in a dedicated, clean and hygienic environment at 4°C or below during transportation to minimise the risk of cross-contamination and prevent bacterial growth.

供應和展示

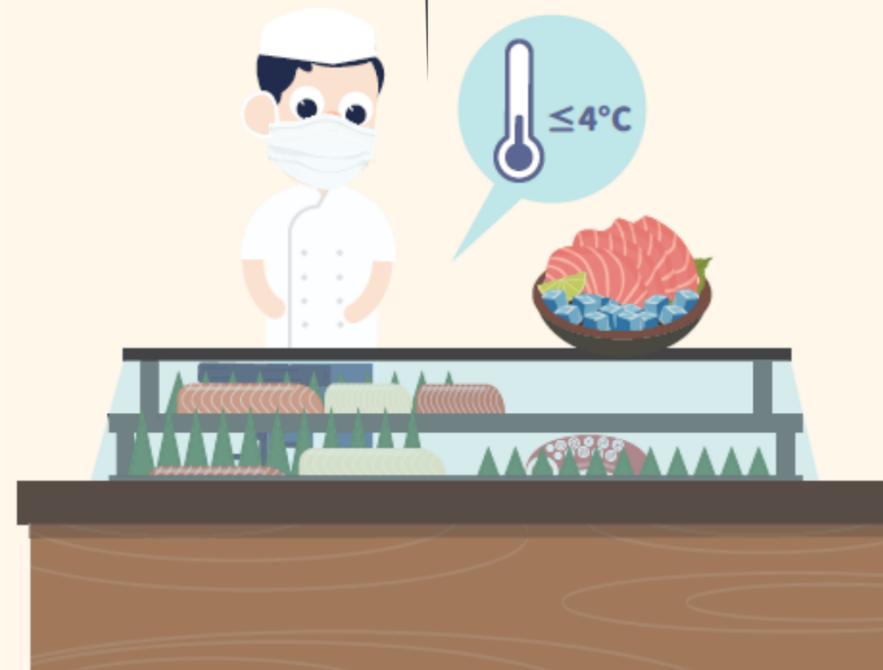
在餐廳供應壽司、刺身和生吃肉類

- 已配製但非即時食用的壽司、刺身和生吃肉類應存放在潔淨的容器內，並貯存在攝氏4度或以下。
- 上桌時，應把刺身和生吃肉類放於碎冰上。
- 避免過早配製壽司、刺身和生吃肉類。

Serving and Displaying

Serving sushi, sashimi and meat to be eaten raw at restaurants

- Prepared sushi, sashimi and meat to be eaten raw that are not intended for immediate consumption should be kept in clean containers at a temperature of 4°C or below.
- Serve sashimi and meat to be eaten raw over shaved ice.
- Avoid preparing sushi, sashimi and meat to be eaten raw too far in advance.



供應和展示

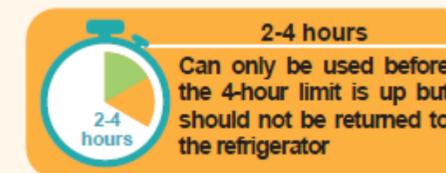
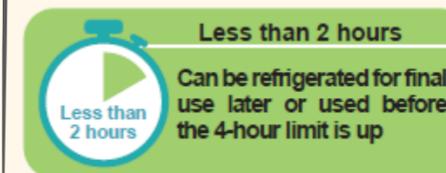
在自助餐櫃枱供應壽司、刺身和生吃肉類

- 自助餐櫃枱所展示的刺身和生吃肉類須保持在攝氏4度或以下，或放在容器內並置於冰上，以確保食物處於安全溫度。
- 壽司須冷存於攝氏4度或以下。如壽司需在高於4度的環境下陳列，必須設立時間管理系統，妥為記錄，確保展示時間不會過長。
- 經妥善處理、米飯的酸鹼值為4.6或以下的壽司，如在攝氏4度以上的環境陳列：

Serving and Displaying

Serving sushi, sashimi and meat to be eaten raw at self-serve counters

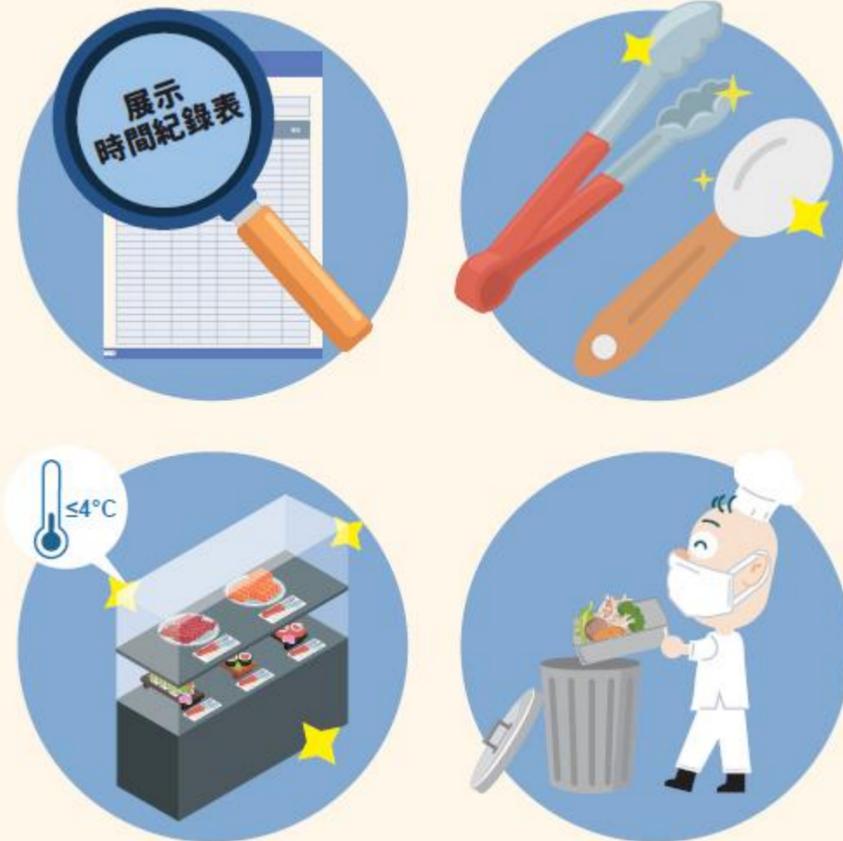
- Sashimi and meat to be eaten raw displayed at self-service counters should always be maintained at 4°C or below, or placed in containers over ice to keep the food at a safe chilled temperature.
- Sushi should be stored at 4°C or below. If sushi must be displayed at temperatures above 4°C, a documented time control system should be implemented to ensure that sushi is not displayed for prolonged periods of time.
- If properly handled sushi with rice acidified to pH 4.6 or below has been displayed at temperature above 4°C:



供應和展示

在自助餐櫃枱供應壽司、刺身和生吃肉類

- 自助餐櫃枱應提供足夠的長柄夾子供顧客使用，並定期更換。
- 每款食物應配備獨立的取餐用具。任何受污染的夾子須即時移除。
- 由已受適當訓練的員工監督自助餐櫃枱，以確保食物不受污染。
- 於用餐結束後即時棄掉剩餘食物。



Serving and Displaying

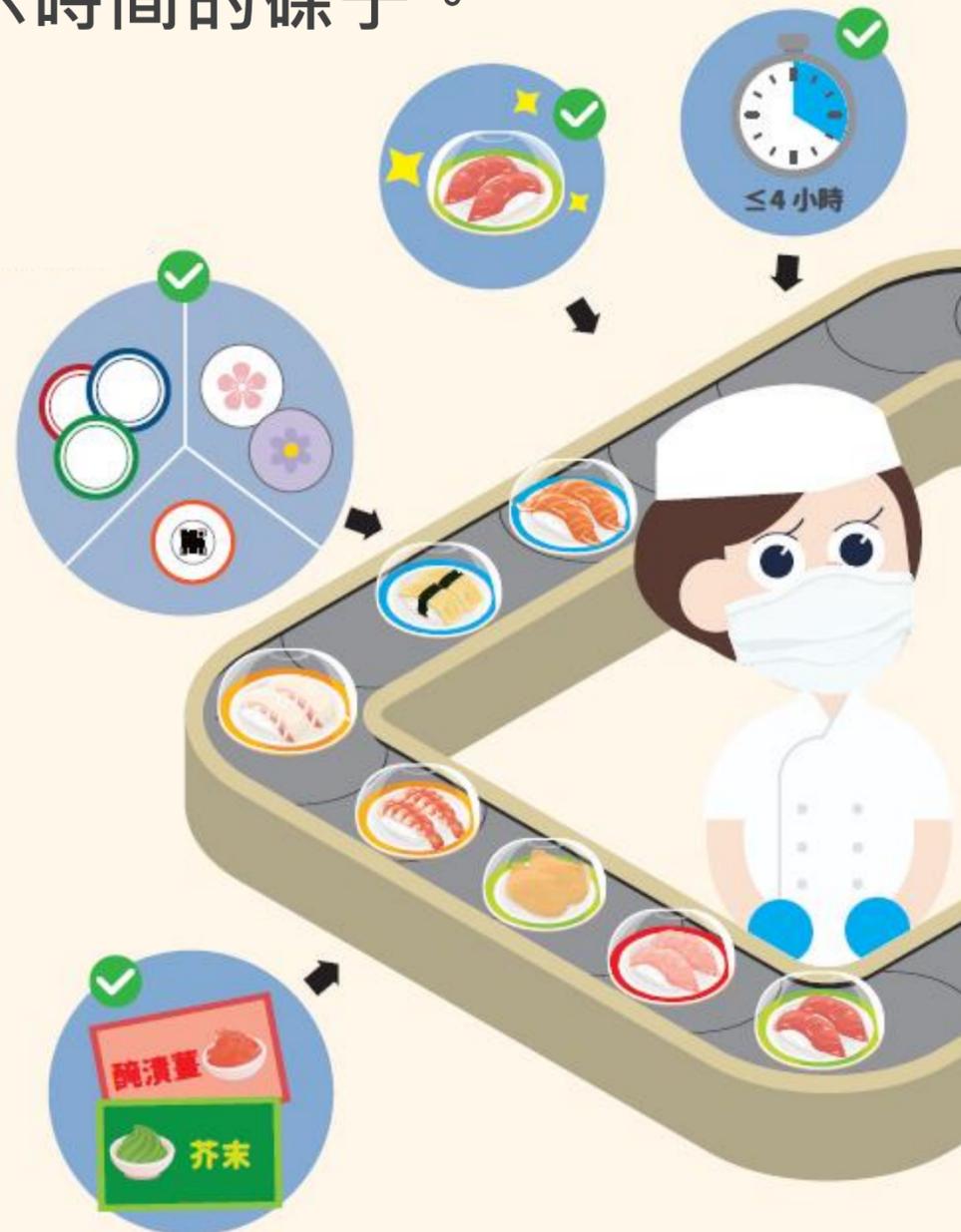
Serving sushi, sashimi and meat to be eaten raw at self-serve counters

- Provide sufficient number of tongs with long handle at self-serve counters for customers, and replace the tongs regularly.
- Each item should be provided with an individual serving tool. Remove contaminated tongs from the counter immediately.
- The self-serve counters should be supervised by appropriately trained staff to protect the food against contamination.
- Discard leftovers at the end of meal service.

供應和展示

在自助迴轉帶供應壽司、刺身和生吃肉類

- 所有以迴轉帶運送的食物須妥善蓋好。
- 使用可追溯至特定批次及展示時間的碟子。為便於識別，業界可採用：
 - ✓ 以顏色編碼的碟子；
 - ✓ 附有不同花紋的碟子；或
 - ✓ 有貼紙標示的碟子。
- 所有用過的碟子和蓋子均須以沸水或食品級消毒劑徹底清洗和消毒。
- 提供獨立包裝的芥末和醃漬薑，以防止交叉污染。



Serving and Displaying

Serving sushi, sashimi and meat to be eaten raw at self-serve counters

- All food on the conveyor belt should be properly covered.
- All plates must be traceable to a batch and time of display. For identification purposes, food businesses are recommended to use:
 - ✓ Plates that are colour coded,
 - ✓ Plates with patterns, or
 - ✓ Plates with stickers.
- Clean and sanitise all used plates and lids with either boiling water or food-grade chemical disinfectants.
- Provide individually packaged wasabi and pickled ginger to prevent cross-contamination.

供應和展示

於零售點售賣和陳列壽司、刺身和生吃肉類

- 從持牌食物製造廠或其他合法來源採購預先包裝的壽司、刺身和生吃肉類。
- 保持包裝完整，並將食物存放於清潔、專用的陳列雪櫃內。
- 密切監測陳列雪櫃的溫度，並備存溫度紀錄。
- 陳列的壽司、刺身和生吃肉類應避免受陽光直接照射，以防止貯存溫度過高。
- 採用「先入先出」的原則，例如使用顏色標籤顯示貯存時間，以確保存貨流轉。
- 每日結束營業時，棄掉未售出或剩餘食物。

Serving and Displaying

Selling and displaying sushi, sashimi and meat to be eaten raw at retail outlets

- Source pre-packaged sushi, sashimi, and meat to be eaten raw from a licensed food factory or other approved sources.
- Keep the packaging intact and store the products in a clean, dedicated display refrigerator.
- Closely monitor the temperature of the display refrigerator and maintain a temperature log.
- Keep displayed sushi, sashimi and meat to be eaten raw out of direct sunlight which may increase the storage temperature.
- Implement a “first-in-first-out” system for prepared products, e.g. use colour-coded labels to indicate the storage time to ensure proper stock rotation.
- Discard any unsold or leftover items at the end of day.

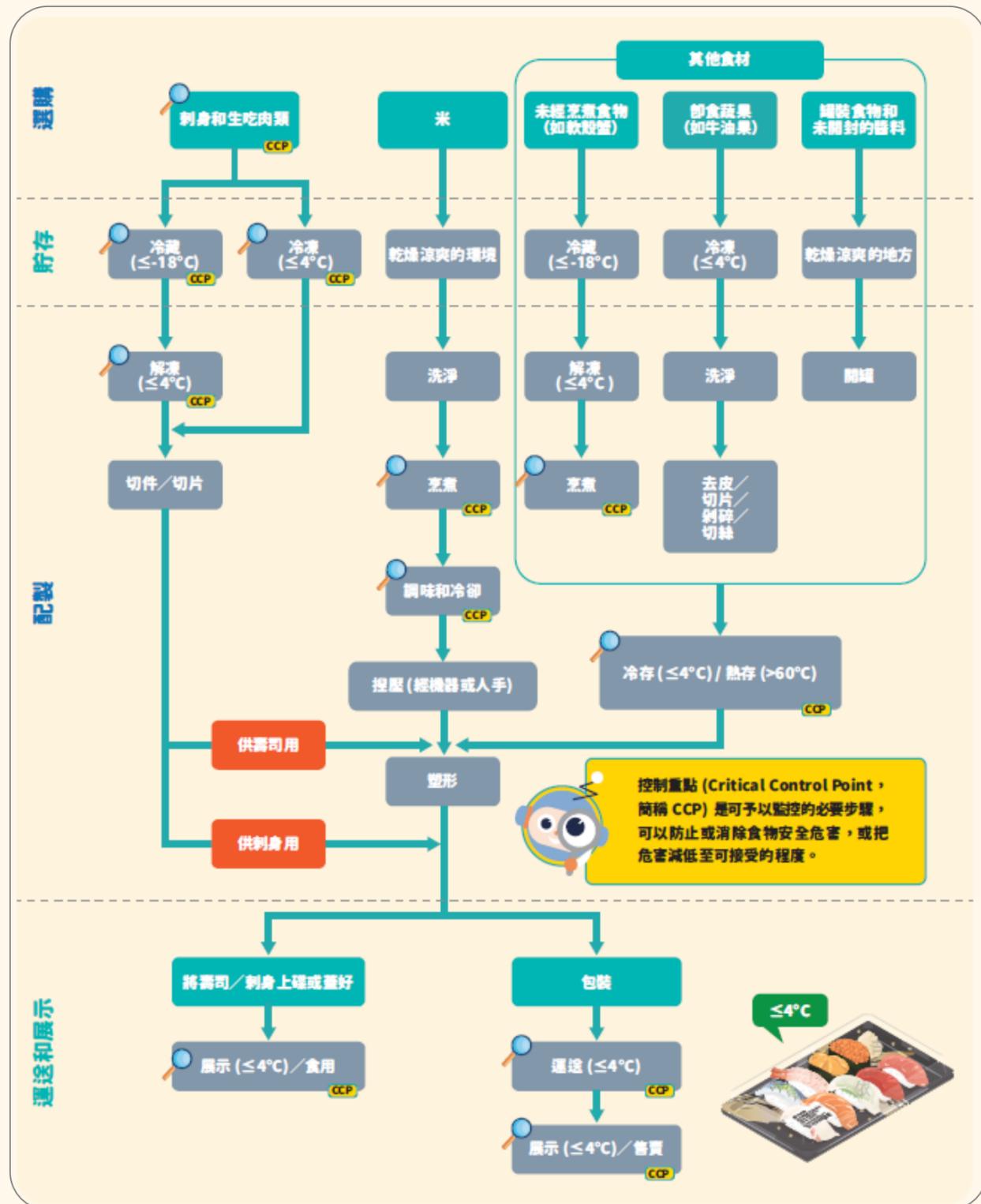
個人及環境衛生

- 穿著清潔的工作服。
- 處理食物時戴上口罩。口罩如有破損、弄污，或已長時間配戴，便應棄掉。
- 在處理食物前、如廁後或觸摸不潔物品後（例如清理垃圾或觸摸金錢後），要徹底清洗雙手，用梘液搓手最少20秒。
- 定時以沸水或經批准的殺菌劑清潔和消毒器具（包括自助餐櫃枱的取餐器具）、設備、工作枱面（包括自助餐櫃枱的枱面）、輸送帶、展示食物用的冰箱及抹布。按照製造商的指示（例如所需的接觸時間、正確的濃度及稀釋後的保質期等）使用殺菌劑。

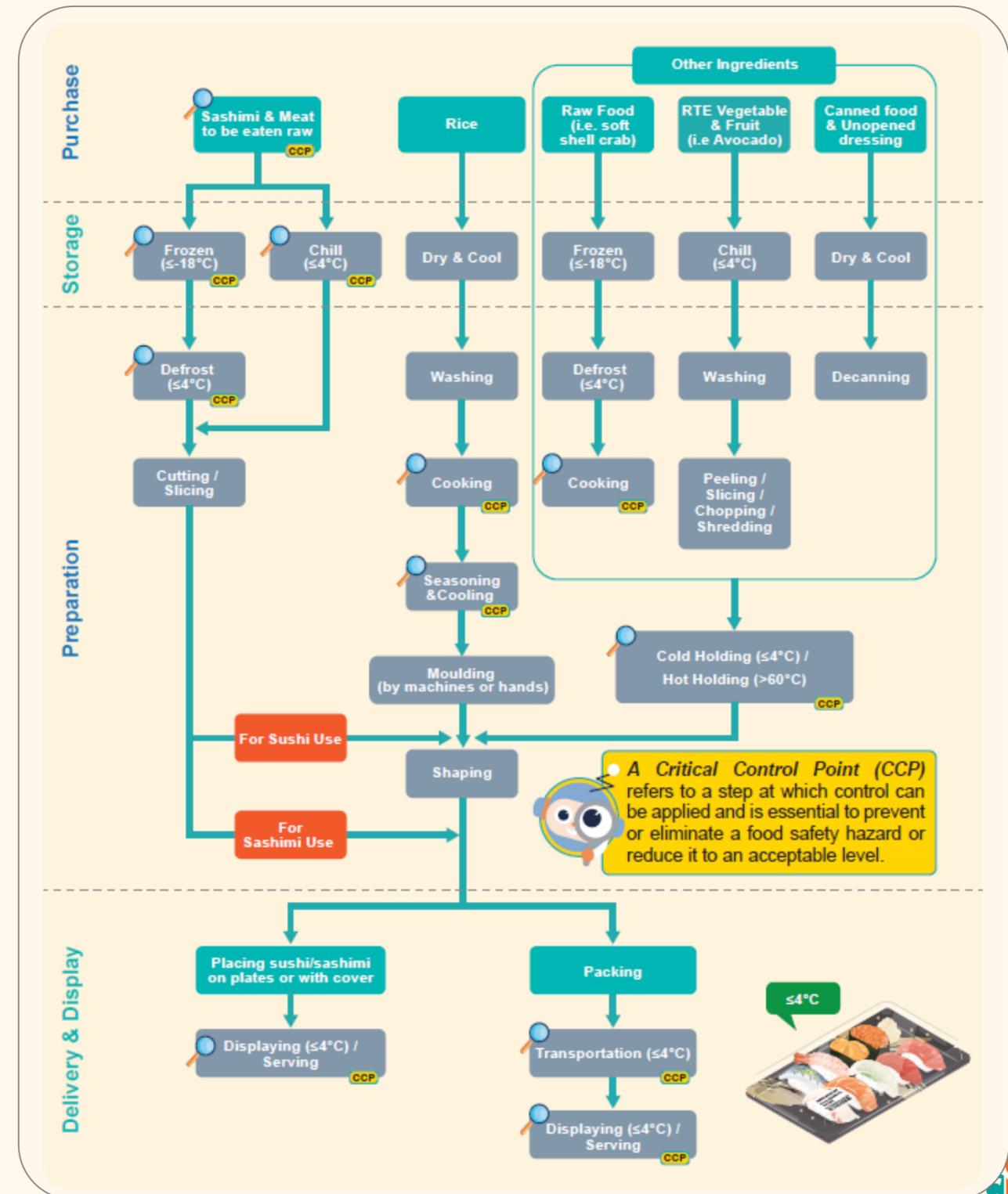
Personal and Environmental Hygiene

- Wear clean overalls.
- Wear a face mask when handling food. Discard masks that have been damaged, soiled or used for a prolonged period.
- Wash hands thoroughly before handling food, after using the toilet or after touching unclean items (e.g. after handling garbage or cash). Rub hands with liquid soap for at least 20 seconds.
- Regularly clean and sanitise utensils (including self-serve counter serving utensils), equipment, work station surfaces (including self-serve counter surfaces), conveyor belts, display fridges and wiping cloths with boiling water or approved bactericidal agents. Follow the manufacturer's instructions, e.g. the required contact time, correct concentration, and shelf life after dilution, etc., for the use of bactericidal agents.

製作壽司、刺身和生吃肉類的一般流程圖



Flow diagram of sushi, sashimi and meat to be eaten raw production



總結

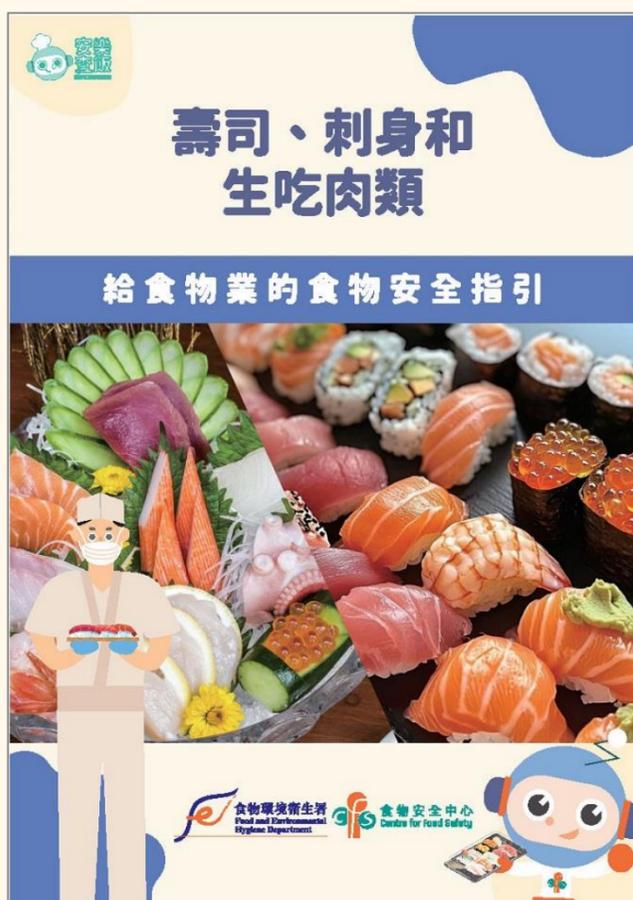
- ✓ 從合法、衛生和可靠的供應商採購食物原材料。
- ✓ 在食物配製區內劃分獨立區域處理壽司、刺身和生吃肉類。
- ✓ 煮好的飯應適度加酸至酸鹼值4.6或以下，以抑制細菌生長。
- ✓ 所有壽司、刺身和生吃肉類應存放在專用、清潔和衛生的環境，且溫度保持於攝氏4度或以下，以減低交叉污染的風險和防止細菌滋生。
- ✓ 妥善保存交易記錄，以便在有需要時追溯源頭。

Summary

- ✓ Obtain food ingredients from approved, hygienic and reliable sources.
- ✓ Allocate a separate section in the food room for sushi, sashimi and meat to be eaten raw preparation.
- ✓ Cooked rice should be properly acidified to a pH of 4.6 or below to inhibit the growth of bacteria.
- ✓ Store sushi, sashimi and meat to be eaten raw in a dedicated, clean and hygienic environment at 4°C or below to minimise the risk of cross-contamination and prevent bacterial growth.
- ✓ Maintain proper trade records to facilitate source tracing when necessary.

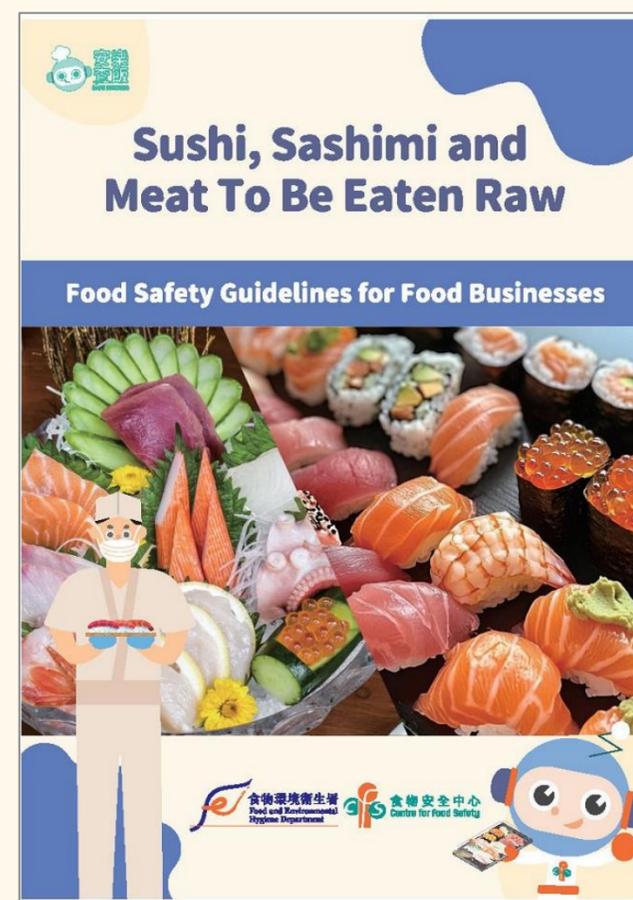
更多資訊

- 了解更多資訊，可參閱食物安全中心的文件 《壽司、刺身和生吃肉類 - 給食物業的食物安全指引》



For more information

- For details, please refer to the CFS's document "Sushi, Sashimi and Meat to be Eaten Raw - Food Safety Guidelines for Food Businesses"



謝謝

Thank You

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