



TABLE OF CONTENTS

Preface

xvii

Chapter 1	Foods as a Substrate for Microorganisms	1
	Factors Affecting the Microbial Growth in Food	1
	Intrinsic Parameters	1
	Minimal Water Activity Requirement for Different Microorganisms	3
	Biological Structure	5
	Extrinsic Parameters	5
	Growth of Micro-Organisms in Food	7
	Extrinsic Factors	7
	Intrinsic Factors	10
	Factors that Cause Food Spoilage	29
	Foods from Microorganisms	30
	Microbes in Food Production and Benefits Provided	31
	Cheese	32
	Yogurt	33
	Kombucha	33
	Bread	34
	Conclusion	34
	Source of Food Contamination	34
	Primary Sources of Food Contamination Source of Food Contamination ...	34
	Green Plants and Fruits	35
	Animals	35
	Soil	35
	Water	36
	Air	36

Food Handlers and Food Utensils	36
Food Contaminant	37
Agrochemicals	37
Environmental Contaminants	37
Pesticides and Carcinogens	37
Hair in Food	38
Processing Contaminants	38
Emerging Food Contaminants	39
Safety and Regulation	39
Food Contaminant Testing	40
Microorganisms that Contaminate Food	40
Bacteria	40
Protozoa	41
Viruses	42
Chapter 2 Microbial Spoilage of Various Foods	44
Natural Decay in Food	44
Moisture Loss	44
Enzyme Action in the Food	44
Food Spoilage	45
Causes of Food Spoilage	46
Microbial Spoilage of Foods	46
Primary Sources of Microorganisms in Foods	46
Factors Affecting Microbial Growth in Food	48
The Intrinsic Factors	48
Extrinsic Factors	51
Concentration of Gases in the Environment	52
Relative Humidity of Food Storage Environment	52
Food Preservation	52
Spoilage of Foods	52
Semi – Perishable Foods	53
Non – Perishable Foods	53
Foodborne Intoxications	53
Bacterial Foodborne Intoxications	55
Bacillus Cereus Food Borne Intoxication/Bacillus Cereus Gastro-Enteritis	57
Clostrium Perfringens Food Poisoning (Intoxication)	58
Vehicle Foods	58
Mode of Transmission	58
Symptoms of the Disease in Man	58
Diagnosis	58
Prevention	58

Clostridium Botulinum Food Poisoning (Botulism)	59
Fungal Intoxications	61
Vehicle Foods	61
Aflatoxins	61
Effects of Aflatoxins in Man	61
Prevention of Aflatoxicosis	61
Chemical Food Poisonings (Intoxications)	62
Chemical Substances Involved	62
Clinical Signs in Man	62
Prevention Measures	62
Biotoxications	63
Prevention of Animal Biotoxications	63
Food Borne Animal Parasites	63
Clinical Signs	63
Flatworms	64
Fasciolosis	64
Paragonimiasis	64
Clonorchiasis	64
Diphyllobothriasis	65
Cysticercosis/Taeniasis	65
Roundworm	65
Trichinosis	65
Anisakiasis	65
Food Preservation Principles	65
Inhibition Principle	65
Killing Principle	68
Pasteurization	68
Sterilization	68
Food – Borne Diseases (Food – Borne Infections and Intoxications)	69
Salmonellosis	70
Common Food Poisoning Serotypes	70
Salmonella Food – Poisoning Outbreaks	71
Factors Associated with Salmonella Food Poisoning Outbreaks	71
Typhoid and Paratyphoid Fevers (Enteric Fevers)	72
Disease Symptoms	72
Transmission	72
Control Measures	72
Campylobacteriosis	72
Disease in Man	73
Mode of Infection	73
Preventive Measures	73
Escherichia Coli Food – Borne Infection	73

Entero – Pathogenic E. Coli (EPEC)	74
Enterotoxigenic E. Coli (ETEC)	74
Enteroinvasive E.Coli (EIEC)	74
Entero-Hemorrhagic E.Coli (EHEC)	74
Control Measures	75
Shigellosis (Bacillary Dysentery)	75
Clinical Symptoms	75
Transmission	75
Preventive Measures	76
Cholera	76
Transmission	76
Clinical Symptoms	77
Diagnosis	77
Control Measures	77
Vibrio Parahaemolyticus Food-Borne Infection	77
Symptoms of the Disease	77
Vibrio Vulnificus Food-Borne Infection	78
Listeria Monocytogenes Infection	78
Transmission	78
Clinical Signs	78
Yersinia Enterocolitica Infections	78
Symptoms	78
Viral Foodborne Infections	79
Infectious Viral Hepatitis A Infection	79
Norwalk-Like Virus (Novovirus) Foodborne Infection	79
Rickettsial Foodborne Infections	79
Q-Fever	79
Transmission	79
Clinical Signs	80
Diagnosis	80
Control	80
Introduction to Microbial Spoilage (MS) Models	80
Using Dehydration to Preserve Fruits, Vegetables, and Meats	83
Why Dry?	83
How Dehydration Preserves Foods	83
The Basics of Food Dehydration	83
Preparing Fruits and Vegetables for Drying	83
Drying Fruits and Vegetables	86
Pasteurizing Sun-Dried Fruits	87
Conditioning Dried Fruits	87
Storing Dried Fruits and Vegetables	87
Reconstituting Dried Fruits and Vegetables	87

Making Safe Jerky	88
Meat Preparation	88
Drying Meats	88
Storing meat jerky	89
Spoilage of Milk and Milk Products	89
Milk Spoilage	89
Types of Spoilage	89
Spoilage of Milk Products	90
Bacterial Spoilage in Milk: Proteolysis, Gas Production and Ropiness..	91
Which Bacteria are Responsible for Spoilage?	91
The Defects/Bacterial Spoilage in Milk	92
Ropiness	93
Bacterial Ropiness	93
Non-Bacterial Ropiness	94
Butter off Flavor	94
Bacterial	94
Chemical Flavors	94
Rancidity	95
Oxidation	95
Spoilage of Canned Food	96
Canned Food	96
Spoilage of Heated Canned Food	96
Spoilage by Thermophilic Spore-Forming Bacteria	96
Spoilage Caused by Mesophilic Spore Forming Bacteria	97
Spoilage by Non-Spore Forming Bacteria	97
Spoilage of Yeast	97
Spoilage by Mold	98
Chapter 3 Principles and Methods of Food Preservation	99
Prevention or Delay of Microbial Decomposition	99
Prevention or Delay of Self Decomposition of Food	100
Principle of Food Preservation	101
Methods of Food Preservation	102
Pasteurization and Appertization	102
Aseptic Packaging	103
Irradiation	104
High-Pressure Processing – Pascalization	105
Low-Temperature Storage – Chilling and Freezing	107
Chemical Preservatives	108
‘Natural’ Food Preservatives	109
Modification of Atmosphere	109
Control of Water Activity	113

Compartmentalization	116
Food Preservation by Low Temperature	118
Food Preservation	118
History of Food Preservation	119
Principles of Preservation	119
Food Preservation by Low Temperature	120
How Freezing Affects Food	123
Methods of Freezing	123
Types of Freezing	124
Drying Food	124
Speed	125
Temperature	125
Humidity and Ventilation	126
Uniform Drying	126
Nutritive Value	126
Types of Food to Dry	126
Successful Drying	127
Equipment	127
Methods	128
Oven Drying	128
Food Dryer	128
Sun Drying	129
How Drying Preserves Food	129
Sun Drying	130
Solar Drying	131
Vine Drying	131
Food Dehydrators	131
Oven Drying	132
Room Drying	132
Dehydrofreezing	132
Packaging and Storing Dried Foods	133
Pascalization	134
Uses	134
History	134
Process	136
Criticism	137
Consumer Acceptance of Pascalization	137
Microwave processing – How does it preserve Fruits and Vegetables?	138
Microwave Processing – Description	138
Batch and Continuous Flow Microwave Systems	138
Food Preservation - Chemical Additives	138
Acid Sodium Foods Sequestrants	138

Food Preservation Methods – Food Poisoning.....	139
Food Preservation Methods	139
Chemical Method	140
Sugar	140
Heat and Cold Methods	140
The Future of Food Preservation	141
Importance of Food Preservation	141
Common Preservation Techniques	141
Recent Developments	142
What to Expect in the Future	143
Conclusion	144
Chapter 4 Fermented Foods and Dairy Products	145
Cultured Dairy Foods and How to Use them	145
Maintaining A Pure Starter for Raw Milk Yogurts	149
Fermented Food for Beginners: Dairy	149
Yogurt	150
Buttermilk	150
Kefir	151
Creme Fraiche or Sour Cream	151
Microbiology of Starter Cultures	152
Ecology of Starter Bacteria	152
Classification of Starter Bacteria	152
Differentiation of Lactococci to Species Level	156
Types of Starter Culture	157
Some Observations on Artisanal Cultures	157
Practical Use of Starter Cultures	159
Yogurt	159
Etymology and Spelling	159
Varieties and Presentation	163
Plant-Milk Yogurt	168
Homemade	168
Acidophilus Milk vs. Kefir	169
Cultures	170
Lavor and Texture	170
Nutrition	170
Kumiss	170
Acidophilus Milk	171
Sweet Acidophilus Milk	171
Kumis	171
Terminology and Etymology	172
Production of Mare's Milk	172

Nutritional Properties of Mare's Milk	172
Production of Kumis	173
History	173
Health	174
Consumption	174
Cultural Role	175
Fermented Milk: Kumis	175
Kefir	175
Etymology	176
Overview	176
Nutrition	177
Production	178
Milk Types	179
Regional Consumption	179
Culinary Uses	180
Possible Origin of Kefir Grains	180
Cultured/Fermented Dairy Products	180
Yoghurt/Curd	180
Selling Curd from A Roadside Stall	181
Collecting Milk for Cheese-Making	182
Selling Ice Cream from A Bicycle	184
Chapter 5 Fermented Foods: The Benefits and Necessity of Fermenting Process	186
The Health Benefits of Fermenting	188
Bacteria - Good or Bad?	188
Nutritional Highlights	189
Research	190
How to Select and Store	190
Fermenting at Home	191
Fermented Food: Benefits of Lactic Acid Fermentation	191
The Fermentation Process	192
Bacterial Fermentation	193
Yeast Fermentation	194
Mold Fermentation	195
Reasons to Eat Fermented Foods	195
Soy as Example of Fermented Food	196
Fermented Foods Bubble with Healthful Benefits	198
Incorporating Fermented Foods into Your Diet	199
Understanding Fermented Foods	200
Medical Conditions Impacted by Fermented Foods	202
Fermented Foods by Region	202
Fermented Foods by Type	203

Fermented Pickles	204
Pickling	205
History	206
Popularity of Pickles around the World	206
Europe	208
Process	211
Possible Health Hazards of Pickled Vegetables	212
How to Make Fermented Pickles	213
Basic Pickle Brine Recipe	214
Pickling Spice Mix	214
Making Fermented Pickles and Sauerkraut	215
Kinds of Pickles	215
Safety Precautions	215
Ingredients	216
Equipment Needed	217
USDA Methods	219
Popularity of Pickles around the World	220
South Asia	220
East Asia	220
Middle East	221
Western Asia	221
Central and Eastern Europe	221
Western Europe	222
Southern Europe	222
Northern Europe	222
North America	222
Mexico and Central America	223
Types of Pickled Cucumbers	224
Gherkin	224
Cornichon	224
Kosher Dill (Us)	224
Olish	224
Hungarian	225
Lime	225
Bread and Butter	225
Swedish and Danish	225
Kool-Aid Pickles	225
Pickle Nutrition	225
Fermented Sauerkraut	226
Geographic Distribution	227
Many Health Benefits have been Claimed for Sauerkraut.	228
Similar Foods	229
Fermented Olives	229

Processing Olives	231
Traditional Fermentation and Curing	232
Chapter 6 Food Borne Diseases: Causative Agents, Foods Involved, Symptoms and Preventive Measures	234
Overview of Foodborne Diseases	234
Transmission of Foodborne Diseases	235
Classification of Foodborne Diseases	235
Food Infection	236
A Catalogue of Foodborne Diseases	236
Selected Examples of Common Foodborne Diseases in Ethiopia	236
Bacterial Infections	237
Viral Infections	237
Tapeworms	237
Bacterial Food Poisoning	238
Chemical Food Poisoning	239
General Management of Foodborne Diseases	239
Investigation of Foodborne Disease Outbreaks	239
Foodborne Illnesses	240
What are Foodborne Illnesses?	240
What Causes Foodborne Illnesses?	240
Bacteria	240
Viruses	241
Parasites	242
Classification of Foodborne Causative Agents	248
Classification of Foodborne Illnesses Caused by Pathogens	249
Mode of Action of Foodborne Pathogens	250
Assessment of Prevalence, Risk and Exposure	251
Role of Micro-Organisms in Food Poisoning	252
Foodborne Infection	253
Foodborne Intoxication	254
Exotoxin	255
Mycotoxin	257
Aflatoxin	258
Classification of Foodborne Illnesses Caused by Pathogens	259
Infection	260
Intoxication	260
Toxin-Mediated Infection	260
Bacillus Cereus	260
History	261
Ecology	261
Reproduction	261

Pathogenesis	261
Diagnosis	263
Identification through Testing	263
Prognosis	263
Bacteriophage	263
E. Coli	264
Sources of E. Coli	264
Symptoms of E. Coli	264
HUS: A Rare But Serious Complication	265
Diagnosis of E. Coli	265
Treatment for E. Coli Infection	265
Preventing Infection from E. Coli Bacteria	265
Campylobacter	266
Campylobacter Symptoms	266
Complications of Campylobacter Infection	266
Diagnosis of Campylobacter Infection	267
Campylobacter Treatment	267
How to Prevent Campylobacter Infection	267
Chapter 7 Food Sanitation and Control Sanitation in Food	268
Food Sanitation and Hygiene Analysis Services	268
Food Safety	270
Issues	270
ISO 22000	271
Incidence	271
Consumer Labeling	279
Microbiology in Food Sanitation	280
Biological Treatment and Disposal	280
Microbiology of the Food Product	281
Hazard Analysis: Critical Control Points (HACCP)	281
Health of Employees	283
Hazard Analysis and Critical Control Points	284
History	285
Principles	286
Standards	288
Training	288
Water Quality Management	288
HACCP for Building Water Systems	289
ISO 22000	289
Food Safety through HACCP - The FAO Approach	289
HACCP Principles	290
Advantages of HACCP	291
HACCP and Trade	291

The FAO HACCP Programme	292
Index and Indicator Microorganisms	294
Index Microorganisms	294
Indicator Microorganisms	294
Enterobacteriaceae	294
E. Coli	295
Coliform	296
Chapter Indicator Organism Assays: Chaos, Confusion and Criteria ...	296
Indicators of Pathogens (Index Organisms)	297
Indicators of Hygiene and Sanitation	299
Baird-Parker Agar	301
Hydrogen Sulfide-Producing Strains of EB	301
Indicators of Quality, Cross-Contamination and Process Control	301
Indicators of Spoilage	302
Surrogate Microorganisms	303
Verifying Your Cleaning and Sanitation	303
Visually Inspecting	304
Microbial Enumeration	304
ATP	305
Basic Elements of Effective Food Plant Cleaning and Sanitizing	307
Factoring in Success	308
Sanitizers and Disinfectants: The Chemicals of Prevention	311
Disinfecting Versus Sanitizing	311
Sanitizing Chemicals	312
Resistance to Sanitizers	314
Conclusions	315
<i>Bibliography</i>	316
<i>Index</i>	320