

Contents

Chapter 1 The Scope of Food Microbiology

| | | |
|-------|-----------------------------------|---|
| 1.1 | Micro-organisms and Food | 2 |
| 1.1.1 | Food Spoilage/Preservation | 2 |
| 1.1.2 | Food Safety | 4 |
| 1.1.3 | Fermentation | 4 |
| 1.2 | Microbiological Quality Assurance | 4 |

Chapter 2 Micro-organisms and Food Materials

| | | |
|-------|-----------------------------------|----|
| 2.1 | Diversity of Habitat | 5 |
| 2.2 | Micro-organisms in the Atmosphere | 6 |
| 2.2.1 | Airborne Bacteria | 7 |
| 2.2.2 | Airborne Fungi | 8 |
| 2.3 | Micro-organisms of Soil | 11 |
| 2.4 | Micro-organisms of Water | 13 |
| 2.5 | Micro-organisms of Plants | 15 |
| 2.6 | Micro-organisms of Animal Origin | 18 |
| 2.6.1 | The Skin | 18 |
| 2.6.2 | The Nose and Throat | 19 |
| 2.7 | Conclusions | 19 |

Chapter 3 Factors Affecting the Growth and Survival of Micro-organisms in Foods

| | | |
|-------|---|----|
| 3.1 | Microbial Growth | 20 |
| 3.2 | Intrinsic Factors (Substrate Limitations) | 23 |
| 3.2.1 | Nutrient Content | 23 |
| 3.2.2 | pH and Buffering Capacity | 24 |
| 3.2.3 | Redox Potential, E_h | 28 |

| | | |
|-------|---|----|
| 3.2.4 | Antimicrobial Barriers and Constituents | 32 |
| 3.2.5 | Water Activity | 36 |
| 3.3 | Extrinsic Factors (Environmental Limitations) | 45 |
| 3.3.1 | Relative Humidity | 45 |
| 3.3.2 | Temperature | 46 |
| 3.3.3 | Gaseous Atmosphere | 48 |
| 3.4 | Implicit Factors | 49 |
| 3.5 | Predictive Food Microbiology | 52 |

Chapter 4 The Microbiology of Food Preservation

| | | |
|-------|--|-----|
| 4.1 | Heat Processing | 63 |
| 4.1.1 | Pasteurization and Appertization | 63 |
| 4.1.2 | Quantifying the Thermal Death of Micro-organisms: D and z Values | 66 |
| 4.1.3 | Heat Sensitivity of Micro-organisms | 68 |
| 4.1.4 | Describing a Heat Process | 72 |
| 4.1.5 | Spoilage of Canned Foods | 77 |
| 4.1.6 | Aseptic Packaging | 80 |
| 4.2 | Irradiation | 81 |
| 4.2.1 | Microwave Radiation | 82 |
| 4.2.2 | UV Radiation | 83 |
| 4.2.3 | Ionizing Radiation | 85 |
| 4.3 | High-Pressure Processing–Pascalization | 90 |
| 4.4 | Low-Temperature Storage–Chilling and Freezing | 92 |
| 4.4.1 | Chill Storage | 93 |
| 4.4.2 | Freezing | 96 |
| 4.5 | Chemical Preservatives | 98 |
| 4.5.1 | Organic Acids and Esters | 99 |
| 4.5.2 | Nitrite | 102 |
| 4.5.3 | Sulfur Dioxide | 106 |
| 4.5.4 | Natamycin | 107 |
| 4.5.5 | ‘Natural’ Food Preservatives | 107 |
| 4.6 | Modification of Atmosphere | 108 |
| 4.7 | Control of Water Activity | 112 |
| 4.8 | Compartmentalization | 115 |

Chapter 5 Microbiology of Primary Food Commodities

| | | |
|-------|------------------------|-----|
| 5.1 | What is Spoilage? | 119 |
| 5.2 | Milk | 121 |
| 5.2.1 | Composition | 121 |
| 5.2.2 | Microflora of Raw Milk | 123 |

| | | |
|-------|--|-----|
| 5.2.3 | Heat Treatment of Milk | 127 |
| 5.2.4 | Milk Products | 130 |
| 5.3 | Meat | 131 |
| 5.3.1 | Structure and Composition | 132 |
| 5.3.2 | The Microbiology of Primary Processing | 134 |
| 5.3.3 | Spoilage of Fresh Meat | 136 |
| 5.4 | Fish | 139 |
| 5.4.1 | Structure and Composition | 140 |
| 5.4.2 | The Microbiology of Primary Processing | 140 |
| 5.4.3 | Crustaceans and Molluscs | 141 |
| 5.4.4 | Spoilage of Fresh Fish | 142 |
| 5.5 | Plant Products | 145 |
| 5.5.1 | Cereals | 147 |
| 5.5.2 | Preservation of High-moisture Cereals | 149 |
| 5.5.3 | Pulses, Nuts and Oilseeds | 149 |
| 5.5.4 | Fruits and Fruit Products | 151 |
| 5.5.5 | Vegetables and Vegetable Products | 153 |

Chapter 6 Food Microbiology and Public Health

| | | |
|-----|--|-----|
| 6.1 | Food Hazards | 158 |
| 6.2 | Significance of Foodborne Disease | 160 |
| 6.3 | Incidence of Foodborne Illness | 165 |
| 6.4 | Risk Factors Associated with Foodborne Illness | 169 |
| 6.5 | The Changing Scene and Emerging Pathogens | 171 |
| 6.6 | The Site of Foodborne Illness. The Alimentary Tract: Its Function and Microflora | 172 |
| 6.7 | The Pathogenesis of Diarrhoeal Disease | 176 |

Chapter 7 Bacterial Agents of Foodborne Illness

| | | |
|-------|--|-----|
| 7.1 | <i>Aeromonas hydrophila</i> | 182 |
| 7.1.1 | Introduction | 182 |
| 7.1.2 | The Organism and its Characteristics | 183 |
| 7.1.3 | Pathogenesis and Clinical Features | 184 |
| 7.1.4 | Isolation and Identification | 184 |
| 7.1.5 | Association with Foods | 184 |
| 7.2 | <i>Bacillus cereus</i> and other <i>Bacillus</i> Species | 185 |
| 7.2.1 | Introduction | 185 |
| 7.2.2 | The Organism and its Characteristics | 186 |
| 7.2.3 | Pathogenesis and Clinical Features | 186 |
| 7.2.4 | Isolation and Identification | 188 |
| 7.2.5 | Association with Foods | 189 |

| | | |
|------|---|-----|
| 7.3 | <i>Brucella</i> | 190 |
| | 7.3.1 Introduction | 190 |
| | 7.3.2 The Organism and its Characteristics | 191 |
| | 7.3.3 Pathogenesis and Clinical Features | 191 |
| | 7.3.4 Isolation and Identification | 191 |
| | 7.3.5 Association with Foods | 192 |
| 7.4 | <i>Campylobacter</i> | 192 |
| | 7.4.1 Introduction | 192 |
| | 7.4.2 The Organism and its Characteristics | 193 |
| | 7.4.3 Pathogenesis and Clinical Features | 194 |
| | 7.4.4 Isolation and Identification | 195 |
| | 7.4.5 Association with Foods | 196 |
| 7.5 | <i>Clostridium botulinum</i> | 198 |
| | 7.5.1 Introduction | 198 |
| | 7.5.2 The Organism and its Characteristics | 199 |
| | 7.5.3 Pathogenesis and Clinical Features | 202 |
| | 7.5.4 Isolation and Identification | 205 |
| | 7.5.5 Association with Foods | 205 |
| 7.6 | <i>Clostridium perfringens</i> | 209 |
| | 7.6.1 Introduction | 209 |
| | 7.6.2 The Organism and its Characteristics | 211 |
| | 7.6.3 Pathogenesis and Clinical Features | 211 |
| | 7.6.4 Isolation and Identification | 212 |
| | 7.6.5 Association with Foods | 213 |
| 7.7 | <i>Enterobacter sakazakii</i> | 214 |
| | 7.7.1 Introduction | 214 |
| | 7.7.2 The Organism and its Characteristics | 214 |
| | 7.7.3 Pathogenesis and Clinical Features | 215 |
| | 7.7.4 Isolation and Identification | 215 |
| | 7.7.5 Association with Foods | 215 |
| 7.8 | <i>Escherichia coli</i> | 216 |
| | 7.8.1 Introduction | 216 |
| | 7.8.2 The Organism and its Characteristics | 217 |
| | 7.8.3 Pathogenesis and Clinical Features | 218 |
| | 7.8.4 Isolation and Identification | 222 |
| | 7.8.5 Association with Foods | 223 |
| 7.9 | <i>Listeria monocytogenes</i> | 224 |
| | 7.9.1 Introduction | 224 |
| | 7.9.2 The Organism and its Characteristics | 226 |
| | 7.9.3 Pathogenesis and Clinical Features | 227 |
| | 7.9.4 Isolation and Identification | 228 |
| | 7.9.5 Association with Foods | 229 |
| 7.10 | <i>Mycobacterium</i> species | 231 |
| | 7.10.1 Introduction | 231 |
| | 7.10.2 The Organism and its Characteristics | 232 |
| | 7.10.3 Pathogenesis and Clinical Features | 232 |

| | | |
|--------|---|-----|
| 7.10.4 | Isolation and Identification | 233 |
| 7.10.5 | Association with Foods | 233 |
| 7.11 | <i>Plesiomonas shigelloides</i> | 234 |
| 7.11.1 | Introduction | 234 |
| 7.11.2 | The Organism and its Characteristics | 234 |
| 7.11.3 | Pathogenesis and Clinical Features | 235 |
| 7.11.4 | Isolation and Identification | 235 |
| 7.11.5 | Association with Foods | 235 |
| 7.12 | <i>Salmonella</i> | 235 |
| 7.12.1 | Introduction | 235 |
| 7.12.2 | The Organism and its Characteristics | 237 |
| 7.12.3 | Pathogenesis and Clinical Features | 238 |
| 7.12.4 | Isolation and Identification | 241 |
| 7.12.5 | Association with Foods | 244 |
| 7.13 | <i>Shigella</i> | 249 |
| 7.13.1 | Introduction | 249 |
| 7.13.2 | The Organism and its Characteristics | 250 |
| 7.13.3 | Pathogenesis and Clinical Features | 250 |
| 7.13.4 | Isolation and Identification | 251 |
| 7.13.5 | Association with Foods | 251 |
| 7.14 | <i>Staphylococcus aureus</i> | 252 |
| 7.14.1 | Introduction | 252 |
| 7.14.2 | The Organism and its Characteristics | 252 |
| 7.14.3 | Pathogenesis and Clinical Features | 254 |
| 7.14.4 | Isolation and Identification | 255 |
| 7.14.5 | Association with Foods | 256 |
| 7.15 | <i>Vibrio</i> | 257 |
| 7.15.1 | Introduction | 257 |
| 7.15.2 | The Organisms and their Characteristics | 259 |
| 7.15.3 | Pathogenesis and Clinical Features | 260 |
| 7.15.4 | Isolation and Identification | 261 |
| 7.15.5 | Association with Foods | 262 |
| 7.16 | <i>Yersinia enterocolitica</i> | 262 |
| 7.16.1 | Introduction | 262 |
| 7.16.2 | The Organism and its Characteristics | 263 |
| 7.16.3 | Pathogenesis and Clinical Features | 265 |
| 7.16.4 | Isolation and Identification | 266 |
| 7.16.5 | Association with Foods | 266 |
| 7.17 | Scombrototoxic Fish Poisoning | 267 |
| 7.18 | Conclusion | 268 |

Chapter 8 Non-bacterial Agents of Foodborne Illness

| | | |
|-------|--|-----|
| 8.1 | Helminths and Nematodes | 270 |
| 8.1.1 | Platyhelminths: Liver Flukes and Tapeworms | 270 |
| 8.1.2 | Roundworms | 272 |

| | | |
|-------|----------------------------------|-----|
| 8.2 | Protozoa | 274 |
| 8.2.1 | <i>Giardia lamblia</i> | 275 |
| 8.2.2 | <i>Entamoeba histolytica</i> | 276 |
| 8.2.3 | Sporozoid Protozoa | 276 |
| 8.3 | Toxigenic Algae | 277 |
| 8.3.1 | Dinoflagellate Toxins | 277 |
| 8.3.2 | Cyanobacterial Toxins | 279 |
| 8.3.3 | Toxic Diatoms | 279 |
| 8.4 | Toxigenic Fungi | 280 |
| 8.4.1 | Mycotoxins and Mycophagy | 281 |
| 8.4.2 | Mycotoxins of <i>Aspergillus</i> | 282 |
| 8.4.3 | Mycotoxins of <i>Penicillium</i> | 290 |
| 8.4.4 | Mycotoxins of <i>Fusarium</i> | 292 |
| 8.4.5 | Mycotoxins of Other Fungi | 297 |
| 8.5 | Foodborne Viruses | 300 |
| 8.5.1 | Polio | 301 |
| 8.5.2 | Hepatitis A and E | 301 |
| 8.5.3 | Gastroenteritis Viruses | 303 |
| 8.5.4 | Sources of Food Contamination | 304 |
| 8.5.5 | Control | 306 |
| 8.6 | Spongiform Encephalopathies | 307 |

Chapter 9 Fermented and Microbial Foods

| | | |
|-------|---|-----|
| 9.1 | Introduction | 310 |
| 9.2 | Yeasts | 312 |
| 9.3 | Lactic acid Bacteria | 314 |
| 9.4 | Activities of Lactic Acid Bacteria in Foods | 317 |
| 9.4.1 | Antimicrobial Activity of Lactic Acid Bacteria | 317 |
| 9.4.2 | Health-promoting Effects of Lactic Acid Bacteria-Probiotics | 320 |
| 9.4.3 | The Malo-lactic Fermentation | 322 |
| 9.5 | Fermented Milks | 323 |
| 9.5.1 | Yoghurt | 323 |
| 9.5.2 | Other Fermented Milks | 327 |
| 9.6 | Cheese | 330 |
| 9.7 | Fermented Vegetables | 336 |
| 9.7.1 | Sauerkraut and Kimchi | 336 |
| 9.7.2 | Olives | 340 |
| 9.7.3 | Cucumbers | 341 |
| 9.8 | Fermented Meats | 343 |
| 9.9 | Fermented Fish | 346 |
| 9.10 | Beer | 348 |
| 9.11 | Vinegar | 356 |
| 9.12 | Mould Fermentations | 362 |

| | | |
|--------|-------------------------|-----|
| 9.12.1 | Tempeh | 362 |
| 9.12.2 | Soy Sauce and Rice Wine | 365 |
| 9.12.3 | Mycoprotein | 368 |
| 9.13 | Conclusion | 369 |

Chapter 10 Methods for the Microbiological Examination of Foods

| | | |
|--------|--|-----|
| 10.1 | Indicator Organisms | 370 |
| 10.2 | Direct Examination | 373 |
| 10.3 | Cultural Techniques | 374 |
| 10.4 | Enumeration Methods | 377 |
| 10.4.1 | Plate Counts | 377 |
| 10.4.2 | Most Probable Number Counts | 380 |
| 10.5 | Alternative Methods | 381 |
| 10.5.1 | Dye-reduction Tests | 382 |
| 10.5.2 | Electrical Methods | 382 |
| 10.5.3 | ATP Determination | 386 |
| 10.6 | Rapid Methods for The Detection of Specific Organisms and Toxins | 388 |
| 10.6.1 | Immunological Methods | 388 |
| 10.6.2 | DNA/RNA Methodology | 389 |
| 10.6.3 | Subtyping | 393 |
| 10.7 | Laboratory Accreditation | 394 |

Chapter 11 Controlling the Microbiological Quality of Foods

| | | |
|--------|--|-----|
| 11.1 | Quality and Criteria | 396 |
| 11.2 | Sampling Schemes | 399 |
| 11.2.1 | Two-class Attributes Plans | 399 |
| 11.2.2 | Three-class Attributes Plans | 402 |
| 11.2.3 | Choosing a Plan Stringency | 405 |
| 11.2.4 | Variables Acceptance Sampling | 407 |
| 11.3 | Quality Control using Microbiological Criteria | 410 |
| 11.4 | Control at Source | 412 |
| 11.4.1 | Training | 412 |
| 11.4.2 | Facilities and Operations | 413 |
| 11.4.3 | Equipment | 415 |
| 11.4.4 | Cleaning and Disinfection | 418 |
| 11.5 | Codes of Good Manufacturing Practice | 425 |
| 11.6 | The Hazard Analysis and Critical Control Point (HACCP) Concept | 425 |
| 11.6.1 | Hazard Analysis | 428 |
| 11.6.2 | Identification of Critical Control Points (CCPs) | 429 |

| | | |
|---------------------------------------|--|---------|
| 11.6.3 | Establishment of CCP Critical Limits | 429 |
| 11.6.4 | Monitoring Procedures for CCPs | 431 |
| 11.6.5 | Protocols for CCP Deviations | 431 |
| 11.6.6 | Verification | 432 |
| 11.6.7 | Record Keeping | 432 |
| 11.7 | Quality Systems: BS 5750 and ISO 9000 Series | 434 |
| 11.8 | Risk Analysis | 436 |
| Chapter 12 Further Reading | | 440 |
| Subject Index | | 447 |