

## GLOSSARY

Acidity is measured on a pH scale from 0 (very acid) to 14.0 (very alkaline [basic]), with 7.0 being neutral. A pH level between 4.6 and 7.0 will support bacterial growth.

Air curtains, also called air doors or fly fans, are units that put out a steady stream of air that flying insects avoid.

Air gap is a clear air space that is between an outlet of drinkable water and the drain or the distance between the outlet of drinkable water and the highest possible water level or flood rim.

Aseptically packaged refers to food that has been hermetically sealed to prevent contamination from disease-causing microorganisms.

Back siphonage, a type of backflow, occurs when a loss of pressure in the water supply causes dirty water or chemicals to be sucked back into the drinkable water supply.

Backflow is a reversed flow of unsafe water into sinks and equipment, posing the threat of contamination to food, food-contact surfaces, and safe water supplies.

Bacterium is a living single-celled organism.

Biological hazard refers to the danger of food contamination by disease-causing micro-organisms (bacteria, viruses, parasites, or fungi), certain plants, and fish that carry toxins.

Carrier is a person or animal whose body harbors a disease-causing microorganism.

Chemical hazard refers to the danger of food contamination by pesticides, food additives and preservatives, cleaning supplies, and toxic metals that leech through worn cookware and equipment.

Ciguatera is a form of human poisoning caused by eating some tropical marine fish, which through their diet have accumulated natural occurring toxins.

Clean means free of visible soil and food waste.

Cleanable means that surfaces are accessible and soil and waste can be effectively removed by normal cleaning methods.

Compensatory damages are awarded for lost work, lost wages, and medical bills the plaintiff may have experienced.

Contact spray is used on groups of insects. To be effective, the spray must come into *contact* with the insect.

Contamination is the unintended presence of harmful substances or disease-causing micro-organisms in food.

Coving is a curved, sealed 3/8-inch edge between the wall and the floor.

Crash training is the attempt to cover a lot of material on the job in a very short time period.

Critical control point (CCP) is an operation (practice, preparation step, or procedure) where a preventive or control measure can be applied that would eliminate or prevent a hazard or lessen the risk that a hazard will happen.

Cross-connection is a link between a drinkable water system and unsafe water or chemicals.

Cross-contamination is the transfer of harmful substances or disease-causing micro-organisms to food by hands, food-contact surfaces, or cleaning cloths that touch raw food, are not cleaned and sanitized, and then touch ready-to-eat food. Cross-contamination can also occur when contaminated food or stored raw food touches or drips fluids on cooked or ready-to-eat food.

Deep chilling is storing food at unit temperatures of  $26^{\circ}$  to  $32^{\circ}F$  ( $-3.3^{\circ}$  to  $0^{\circ}C$ ) for short time periods.

Dry lab is to record data without actually measuring the food's temperature.

FAT- TOM is an acronym for the conditions necessary for bacterial growth: food, acidity (pH), time, temperature, oxygen, and moisture (water activity).

First in, first out (FIFO) is a method of stock rotation, in which new supplies are shelved behind old supplies, so the old are used first. All inventory is marked with either the expiration date, when the item was received, or when it was stored after preparation.

Flowchart is a simple diagram that shows the flow of food and a recipe's critical control points (CCPs).

Flow of food is the path from receiving through storing, preparing, cooking, holding, serving, cooling, and reheating that foods follow in a foodservice operation.

Foodborne illness is a disease that is carried or transmitted to people by food.

Foodborne infection is a disease that results from eating food containing harmful microorganisms.

Foodborne intoxication is a disease that results from eating food containing toxins from bacteria, molds, or certain plants or animals.

Food-contact surface is any equipment or utensil, which normally comes in contact with food or which may drain, drip, or splash in food or on surfaces normally in contact with food.

Fungi are a group of microorganisms that include molds and yeasts.

Garbage is wet waste, usually from food.

Glue traps are cardboard containers open at both ends that are used to catch pests. The glue on the floor of the trap holds roaches or rodents that enter the trap.

Group training involves a group of trainees meeting with a trainer, usually in a session apart from their normal work.

Hazard Analysis Critical Control Point (HACCP) is a food safety system that focuses on the flow of food in a foodservice operation to reduce the risk of foodborne outbreaks.

Hazards are items that may contaminate food at any time during its flow through a foodservice operation. Hazards include microorganisms that can grow during preparation, storage, and/or holding; microorganisms or toxins that can survive heating; chemicals and objects that can contaminate food or food-contact surfaces.

Histamine is an odorless, tasteless chemical that may be produced in some fish that are temperature abused. High levels of histamine may cause scombroid intoxication. Histamine is not destroyed by cooking.

Host is a person, animal, or plant on which another organism lives and feeds.

Individual training, also called one-on-one training, assigns one or two trainees to an experienced employee to learn the task.

Layout is the order of equipment, work areas, and furniture for dining and back-of-the-house areas.

Material safety data sheets (MSDSs), which are required by the Occupational Safety and Health Administration (OSHA), are written descriptions of the contents, hazards, and handling procedures for chemicals and products containing chemicals.

Microorganism is a small life form, only seen through a microscope that may cause a disease.

Modified atmosphere package (MAP) is a sealed package in which the oxygen has been reduced or replaced with other gases. This type of packaging extends the food's shelf life.

Molds are fungi that can spoil food or may produce poisonous toxins.

Outbreak is an incident in which two or more people experience the same illness after eating the same food. Laboratory analysis must show that the food is the source of the illness.

Parasite is a microorganism that needs a host to survive.

Pathogenic refers to bacteria that are infectious and disease-causing.

Physical hazard refers to the danger posed to food safety by foreign matter-such as dirt, hair, nails, staples, metal fragments, and broken glass and crockery-that accidentally get into food.

Pooling is to crack several eggs into a bowl. This is not recommended unless the eggs are to be used immediately.

Potentially hazardous foods are moist, high-protein foods on which bacteria can grow most easily.

Punitive damages are awarded in addition to normal compensation to punish the defendant for wanton and willful neglect.

Ready-to-eat foods are properly cooked potentially hazardous foods and foods, such as vegetables or fruits, that will not be cooked.

Reasonable care is a possible defense against a food-related lawsuit. It is based on proving that a foodservice operation has done everything that can be reasonably expected to prevent illness by ensuring that safe food was served.

Recovery rate is the length of time it takes to produce hot water once a water heater's supply is low enough to start refilling.

Repellent is a liquid, powder, or mist that keeps insects away from an area but does not necessarily kill them.

Residual spray is used in cracks and crevices and leaves a film of insecticide that the insect absorbs or picks up as it crawls across the insecticide film.

Risk is the chance that a condition or a set of conditions will lead to a hazard.

Sanitarian, also called health official or inspector, is trained in sanitation and public health.

Sanitary refers to being free of harmful levels of contamination.

Scombroid intoxication is a disease caused by the chemical histamine in tuna, bluefish, or mackerels that have been left too long in the temperature danger zone.

Slacking is a process used during thawing that allows food to gradually warm from frozen to unfrozen so that it cooks more evenly.

Solid waste includes dry, bulky trash, such as glass bottles, plastic wrappers and containers, paper bags, and cardboard boxes.

Source is a host, carrier, or vehicle for disease-causing microorganisms.

Source reduction is decreasing the amount of material received and disposed.

Sous vide is a form of modified atmosphere packaging (MAP). Using this method, in which partially cooked food is in a sealed package where the oxygen has been reduced or replaced with other gases, extends a product's shelf life.

Spore is a thick-walled protective structure produced by certain bacteria to protect their cells. Spores often survive cooking, freezing, and some sanitizing mixtures.

Standard, also called critical limit, is a time, temperature, or other requirement that must be met to keep a food item safe.

Sulfiting agent is a chemical legally used by food processors to preserve freshness and color in certain vegetables, fruits, frozen potatoes and other processed foods, and certain wines.

Surfactant is a substance in detergents that lessens surface tension between the detergent and the soiled surface so that detergent can penetrate and loosen soil.

Temperature danger zone is 40° to 140°F (4.4° to 60°C). Check with your local jurisdiction to find out what temperatures are accepted. The FDA's 1993 *Food Code* states this zone is 41° to 140°F (5° to 60°C). Some health codes specify 45° to 140°F (7.2° to 60°C) while other codes use 40° to 140°F (4.4° to 60°C).

Time-temperature indicator (TTI) is a strip of liquid crystals that changes color when packaged goods reach an unsafe temperature.

Toxigenic refers to bacteria that produce toxins which when consumed may cause illness.

Toxins are poisons that are produced by microorganisms, carried by fish, or released by plants.

UHT packaged refers to food that has been ultra-pasteurized (high temperature/short time) and aseptically packaged. These foods may or may not be stored under refrigeration until they are opened. After being opened, they must be refrigerated.

Ultra-pasteurized packaged refers to food that must be refrigerated because it has been heat-treated but not necessarily aseptically packaged.

Variance is a change or suspension from the rules of the local food code for a specific procedure or part of the restaurant granted by a regulatory agency.

Vegetative cells can grow and reproduce.

Vehicle is an item, such as wind, water, human hands, or dirty utensils, that carries or transports disease-causing microorganisms.

Ventilation removes steam, smoke, grease, and heat from equipment and food preparation areas, replacing the air that was removed with clean air.

Virus, the smallest and simplest life form known, is protein-wrapped genetic material.

Warranty of sale refers to the rules stating how the food must be handled in foodservice operations.

Water activity, expressed as  $A_w$  is the amount of usable water (moisture) in food. Harmful bacteria will not grow at an  $A_w$  below 0.85.

Workflow refers to the order of the tasks to prepare a food item, beginning in the receiving area and leading to the dining room.

Yeasts are fungi that require sugar and moisture to survive. They spoil the foods, such as jellies and honey, in which they eat these ingredients.

## **CULINARY TERMS**

Al dente, "To the tooth," is to cook pasta or vegetables until they are tender but still firm, not soft. Blanche is to briefly cook an item in boiling water or hot fat before finishing or storing it.

Bouquet garni is a small bundle of herbs tied with string. It is used to flavor stocks, braises, and other preparations. It usually contains bay leaf, parsley, and thyme, and possibly other aromatics.

Butterfly is to horizontally cut a seafood or meat, such as chicken breast, pork chop, or tuna steak, and to open out the edges like a book or the wings of a butterfly.

Caramelize is to brown sugar in the presence of heat; the sugar may be refined or a natural component of the food, such as in an onion. Caramelization may be achieved by sautéing, broiling, or baking. The temperature range in which sugar caramelizes is approximately 320° to 360°F (160° to 182°C).

Cheesecloth is a light, fine mesh gauze used for making sachets and for straining liquids for soups, stocks, and sauces.

Chinoise, also called a China cap, is a cone-shaped sieve used to strain stocks and sauces and to puree food products.

Clarify is a process to remove solid impurities from a liquid, such as butter or stock.

Concasse usually refers to tomatoes that have been peeled, seeded, and chopped. It is used in sauces, soups, and vegetable stocks.

Dredge is to coat food with a dry ingredient, such as flour or bread crumbs.

Egg wash is a mixture of beaten eggs (whole eggs, yolks, or whites) and a liquid (usually milk or water) used to coat items that are breaded before frying.

Mirepoix is a combination of chopped aromatic vegetables (usually two parts onion, one part carrot, and one part celery) used to flavor stocks, soups, braises, and stews.

Nappe means thickened; covered with sauce.

Pince is to caramelize an item by sautéing; usually refers to a tomato product.

Reduce is to decrease the volume of a liquid by simmering or boiling; used to provide a thicker consistency or concentration, or both.

Render is to melt fat and clarify the drippings for use in sautéing or pan-frying.

Roux is a mixture containing equal parts of flour and rendered fat (usually butter) that is used to thicken sauces and soups. It can be cooked to varying degrees, such as white, pale, blond, or brown.

Sachet d'epices, "Bag of spices," refers to aromatic ingredients, encased in a cheesecloth, that are used to flavor stocks and other liquids. A standard sachet contains parsley stems, cracked peppercorns, dried thyme, and a bay leaf.

Standard breading procedure is the assembly-line procedure in which food items are dredged in flour, dipped in beaten egg, then coated with crumbs before being pan fried or deep-fried.

Sweat is to cook a food item, usually a vegetable, in a covered pan in a small amount of fat until it softens and releases moisture.

Truss is to tie up meat or poultry with string before cooking it in order to give it a compact shape for more even cooking and a better appearance.



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