

BMGM4002

International Gastronomy Management

Placement: Culinary Skills

Week #4 Food Safety

Autumn 2026



Allergens

Food business operators in the retail and catering sector are required to provide allergen information and follow labelling rules as set out in food law.

This means that food business operators must:

- provide allergen information to the consumer for both prepacked and non-prepacked food and drink
- handle and manage food allergens effectively in food preparation.

The 14 allergens are: celery, cereals containing gluten (such as wheat, barley and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million) and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts). Food businesses need to tell customers if any food they provide contain any of the listed allergens as an ingredient.

[Consumers may be allergic or have intolerance to other ingredients, but only the 14 allergens are required to be declared as allergens by food law.](#)

14 ALLERGENS

coming to a food label near you

The way allergens are labelled on pre-packed foods is changing because of new regulations. The Food Information Regulation, which came into effect December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

 Celery / Celeriac This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.	 Cereals Containing Gluten Wheat (such as spelt and Christmas wheat/farro), rye, barley and oats are often found in foods containing flour, such as some types of baking powder, soups, bread crumbs, bread, rolls, crackers, meat products, pasta, poultry, soups, soups and food items which are dusted with flour.
 Crustaceans Crabs, lobsters, prawns and scampi are crustaceans. Shrimps/pinkies, often used in Thai and southeast Asian cuisines or salads, is an ingredient to look out for.	 Eggs Eggs are often found in cakes, some meat products, mayonnaise, mousses, pastas, puddings, soups and pastries in foods brushed or glazed with egg.
 Fish You will find this in some fish soups, pizzas, risottos, salad dressings, stock cubes and Worcestershire sauce.	 Lupin Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
 Milk Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.	 Molluscs These include mussels, hard shells, squid and whelks, but can also be commonly found in oyster soups or as an ingredient in fish soups.
 Mustard Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, cakes, creamed soups, meat products, salad dressings, soups and sauces.	 Nuts Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian cuisine), stuffed dishes, ice cream, marzipan (almond paste), nut oils and sauces.
 Peanuts Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, cereals, desserts, soups (such as satay sauce), as well as in groundnut oil and peanut flour.	 Sesame Seeds These seeds can often be found in bread, dusted on a hotdog bun (see for example), breadsticks, buns, sesame oil and tahini. They are sometimes crushed and used in salads.
 Soya Often found in soya milk, soybean beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in various food. It can also be found in desserts, ice cream, meat products, soups and vegetable products.	 Sulphur Dioxide (Sulphites) This is an ingredient often used to dried fruit such as raisins, dried apricots and peaches. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

Information provided by The Food Standards Agency

Investigating Takeaway Meals Containing Undeclared Allergens with BBC X-Ray / Natasha's Foundation

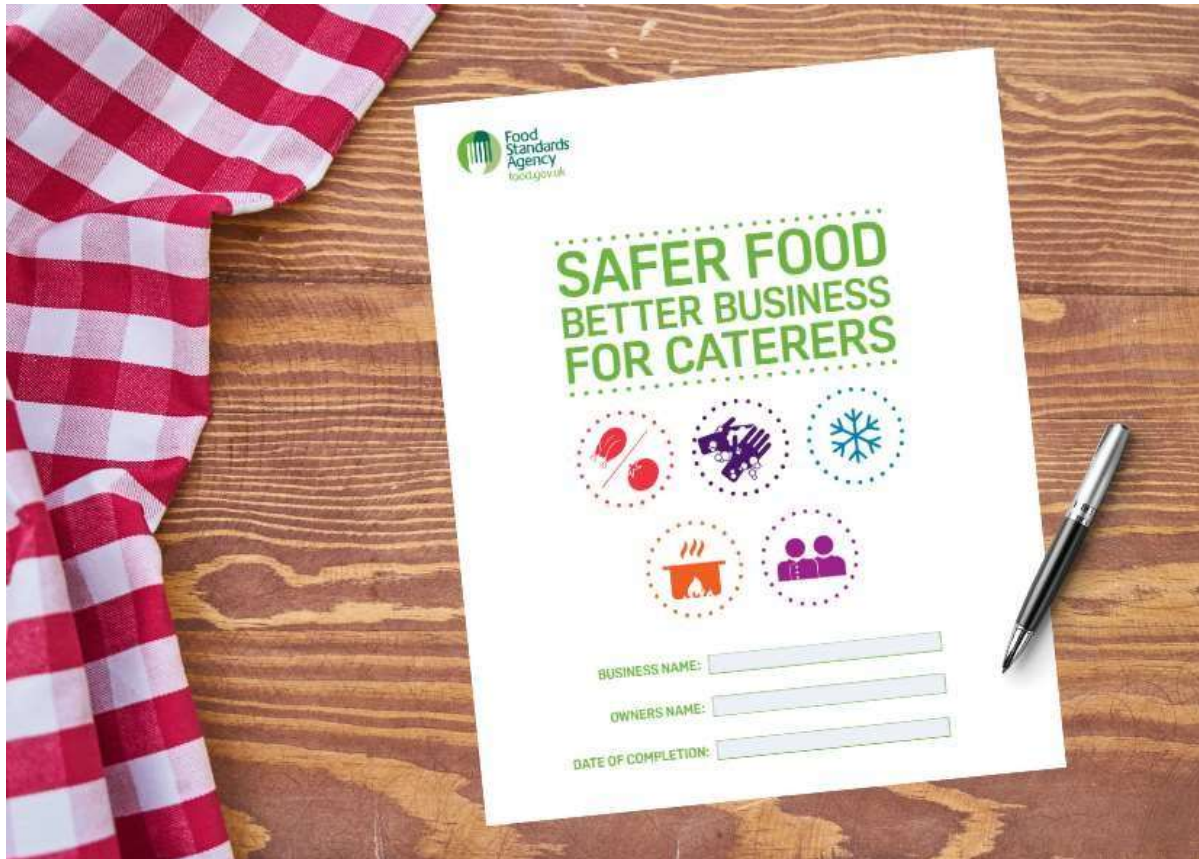


Allergen Training

Please see the link to the official Food Standards Agency Allergen Training. Please create an account and then complete the training.

Safer Food, Better Business

(and the associated full document pack that can be found on Moodle)



Why Should We Use SFBB?



To comply with the Regulation (EC) No. 852/2004

This requires food businesses to put in place, implement and maintain documented food safety management procedures based on Hazard Analysis Critical Control points (HACCP) principles.

Environmental Health (Food) Inspections

What do we think they do?

They are.....

Authorised officers from your local council that will [inspect your premises](#) to check if your business is complying with food law and that you are producing food that is safe to eat.

[If you serve or supply food direct to the public, you may be covered by the Food Hygiene Rating Scheme.](#)

Your rating will be based on what is seen on the day of inspection and you may be given a hygiene rating from 5 to 0, based on the food hygiene standards found at the time.

Displaying the rating sticker is **mandatory in Wales and Northern Ireland**. It is **voluntary in England**. By putting it on display, you can show your customers how good your hygiene standards are.



Starting Your Own Food Business

When starting a food business, you must register it with the Environmental Health team at your local council at least 28 days before you start food operations.

If you purchased the business from someone else, you need to register as a new owner.





Why use SFBB?

- Easy to understand
- Flexible enough to fit any business
- Practical & time efficient
- Jargon free
- Can be used to train staff
- Protects your business' reputation
- Improves your business, e.g. by wasting less food

SFBB also helps with

- Identifying hazards and risks
- Implementing control measures
- Monitoring control measures
- Taking corrective action
- Reviewing the system regularly
- Achieving higher 'scores on the doors' rating from the EHO's



Safer Food, Better Business

Record Keeping and Responsibility

The person who is responsible for the day-to-day running of the kitchen/business.

Each kitchen must have its own SFBB pack/diary. The Diary must be signed and dated at the end of each shift. It is signed to show that you have completed the opening and closing checks.

When you sign the diary, you are confirming that you have supervised your staff in following your safe methods and that any problems are being solved and recorded in the diary.

Each head chef must complete the safe methods.

But also... a food handler has an important role in complying with the safe methods carried out in your catering workplace.

Please take a look at the SFBB pack and Diary on Moodle



HACCP, SFBB and Food Safety are all interlinked and contribute to the overall food hygiene score we receive.

The SSBB pack will be useful to assist you in your revision.

Getting Ready to Open a Business





THE KITCHEN BRIGADE



Glossary

OF KITCHEN TERMS

- **Al Dente** - describes pasta that is firm and slightly undercooked
- **Baste** - to pour juices or liquid fat over meat while it cooks
- **Blanch** - to scald food in boiling water for a quick moment and then place it in cold water to stop the cooking process
- **Brunoise** - to cut foods in to 3mm cubes OR 1/8" size dice
- **Caramelize** - to heat sugars until they are browned
- **Chiffonade** - to roll up leafy greens or herbs and cut into long, thin slices
- **Clarify** - to melt butter and separate the solids from the butterfat
- **Cure** - to preserve foods by adding salt and drawing out moisture
- **Deglaze** - to dissolve browned food residue in a hot pan with liquid
- **Dredge** - to coat moist foods in a dry ingredient, like flour
- **Emulsify** - to blend two liquids like oil and water
- **Fillet** - to cut a portion of meat or fish
- **Flambe** - to cover a food in a flammable liquid, like brandy or rum, and light it briefly on fire
- **Fold** - to incorporate an ingredient with a careful motion that retains air
- **Julienne** - to cut foods into long thin strips
- **Meuniere** - a method of cooking, usually used with fish, in which the food is lightly dusted with flour and sauteed in butter
- **Parboil** - to precook foods by boiling for a short time
- **Reduce** - to thicken a liquid mixture by boiling or simmering, causing moisture to evaporate
- **Scald** - to heat a liquid just to the boiling point
- **Spatchcock** - to split open a whole chicken or turkey for easy grilling



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References

- Food Standards Agency (2020) Safer Food, Better Business. Available at: <https://www.food.gov.uk/business-guidance/safer-food-better-business-sfbbS> (Accessed on 19th of August 2024)
- Stevenson, S. and Nash, C. (2011) Food Safety for Supervisors. Chartered Institute of Environmental Health. London.