

1 **Combination of mild heat and plant essential oil**  
2 **constituents to inactivate resistant variants of**  
3 ***Escherichia coli* in buffer and in coconut water**

4  
5 **Elisa Gayán<sup>a,b</sup>, Elise Geens<sup>a</sup>, Daniel Berdejo<sup>b</sup>, Diego García-Gonzalo<sup>b</sup>, Rafael**  
6 **Pagán<sup>b</sup>, Abram Aertsen<sup>a</sup>, Chris W. Michiels<sup>a\*</sup>**

7  
8 **<sup>a</sup>Laboratory of Food Microbiology, Department of Microbial and Molecular**  
9 **Systems, and Leuven Food Science and Nutrition Research Centre (LFoRCe), KU**  
10 **Leuven. Faculty of Bioscience Engineering, Kasteelpark Arenberg 22, 3000**  
11 **Leuven, Belgium.**

12  
13 **<sup>b</sup>Tecnología de los Alimentos, Departamento de Producción Animal y Ciencia de**  
14 **los Alimentos, Facultad de Veterinaria, Instituto Agroalimentario de Aragón-IA2**  
15 **(Universidad de Zaragoza-CITA). Miguel Servet 177, 50013 Zaragoza, Spain.**

16  
17 \* Address correspondence to Chris W. Michiels

18 chris.michiels@kuleuven.be

19 Faculty of Bioscience Engineering

20 Laboratory of Food Microbiology

21 Kasteelpark Arenberg 22

22 B-3001 Leuven

23 Belgium

24 Tel: +32 16 32 15 78 or +32 16 3 21585

25 **Abstract**

26 The growing demand for minimally processed foods with clean labels has stimulated  
27 research into mild processing methods and natural antimicrobials to replace intensive  
28 heating and conventional preservatives, respectively. However, we have previously  
29 demonstrated that repetitive exposure of some bacteria to mild heat or subinhibitory  
30 concentrations of essential oil constituents (EOCs) may induce the emergence of  
31 mutants with increased resistance to these treatments. Since the combination of mild  
32 heat with some EOCs has a synergistic effect on microbial inactivation, we evaluated  
33 the potential of such combinations against our resistant *E. coli* mutants. While citral,  
34 carvacrol and *t*-cinnamaldehyde synergistically increased heat inactivation (53.0°C, 10  
35 min) of the wild-type MG1655 suspended in buffer, only the combination with  
36 carvacrol (200 µl/l) was able to mitigate the increased resistance of all the mutants.  
37 Moreover, the combination of heat and carvacrol acted synergistically inactivating heat-  
38 resistant variants of *E. coli* O157:H7 (ATCC 43888). This combined treatment could  
39 synergistically achieve more than 5 log<sub>10</sub> reductions of the most resistant mutants in  
40 coconut water, although the temperature had to be raised to 57.0°C. Therefore, the  
41 combination of mild heat with carvacrol appears to hold promise for mild processing,  
42 and it is expected to counteract the development of heat resistance.

43

44 **Keywords:** mild heat; carvacrol; citral; *t*-cinnamaldehyde; hurdle technology; *E. coli*  
45 O157:H7; resistance development; coconut water

46

47

48

49

## 50 **1. Introduction**

51 For well over a century, thermal processing remains the most widely used technology to  
52 attain microbial safety and stability of foods. However, the demand for minimally  
53 processed foods has stimulated the food industry to reduce the intensity of thermal  
54 treatments and to look for alternative mild treatments that better preserve nutritional and  
55 sensorial properties of the fresh product, while maintaining high levels of microbial  
56 reduction. In order to guarantee sufficient control of foodborne pathogens, mild heating  
57 methods generally need to be combined with other food preservation techniques in a  
58 hurdle-type approach, especially in low-acid and/or low-moisture foods, in which  
59 microorganisms display their highest heat tolerance (Cava-Roda *et al.*, 2012; Kim and  
60 Kang, 2017a). In this context, hurdle approaches that improve microbial inactivation  
61 during heat treatment are preferable over hurdle approaches that aim for improved  
62 growth inhibition throughout the food shelf-life, since these may allow the pathogens to  
63 become more tolerant to subsequent stresses (Fong and Wang, 2016; Gayán *et al.*,  
64 2016a) and to become more virulent (Slanec and Schmidt, 2011; Dawoud *et al.*, 2017).  
65 In addition, when hurdle technology is used to reduce the heat load of thermal  
66 processes, it is important that the new process is still capable of inactivating the most  
67 heat resistant variants of the pathogens of concern. Several studies have documented the  
68 existence of natural variants with elevated resistance to heat or other stresses used in  
69 food preservation (Abee *et al.*, 2016; Li and Gänzle, 2016a). In previous work, we have  
70 demonstrated that process-resistant variants can be also selected in the laboratory.  
71 Indeed, recurrent exposure of the notorious *Escherichia coli* O157:H7 to progressively  
72 intensifying heat treatment with intermittent enrichment rapidly selected for mutants  
73 with increased heat resistance that also displayed cross-resistance to high hydrostatic  
74 pressure (HHP) (Gayán *et al.*, 2016b).

75 One of the most efficient and attractive hurdles to combine with heat treatment are  
76 natural antimicrobials, in particular plant essential oils (EOs) and their constituents  
77 (EOCs). Many EOs and EOCs are multifunctional, having besides antimicrobial also  
78 antioxidant activity and alleged health promoting benefits (Calo *et al.*, 2015; Cui *et al.*,  
79 2019). In addition, many EOCs have received the Generally Recognized As Safe  
80 (GRAS) status from the U.S. Food and Drug Administration (U.S. FDA, 2011).  
81 However, there are some weak points as well, which have hampered the commercial use  
82 of EOs and EOCs as food preservatives. First and foremost, the concentrations required  
83 to obtain the desired antimicrobial effect in foods often cause undesirable off-flavours.  
84 In addition, prolonged exposure of pathogenic bacteria to subinhibitory concentrations  
85 can induce the emergence of mutants with elevated resistance to both bacteriostatic and  
86 bactericidal concentrations of EOCs, and these mutants show cross-resistance to some  
87 other compounds and to heat (Chueca *et al.*, 2016; Berdejo *et al.*, 2019a). Of interest,  
88 the combination of EOCs with mild heat or other processes may hold promise to reduce  
89 or overcome the off-flavour problem, since certain EOCs can synergistically improve  
90 inactivation of mild processing technologies at sensorially acceptable concentrations  
91 (Espina *et al.*, 2014a; Berdejo *et al.*, 2019b). In particular, mild heat treatment in  
92 combination with carvacrol and citrus components such as citral and (+)-limonene has a  
93 synergistic lethal effect against a wide range of bacteria (Ait-Ouazzou *et al.*, 2011;  
94 Pagán *et al.*, 2018; Arioli *et al.*, 2019). Also *t*-cinnamaldehyde strongly enhances the  
95 efficacy of heat treatment (Juneja and Friedman, 2008; Amalaradjou *et al.*, 2010). With  
96 regard to the issue of resistance, however, it remains to be elucidated whether the  
97 synergistic combinations of heat and EOCs are also effective against heat or EOC  
98 resistant strains.

99 Therefore, this study aimed to examine the potential of combined treatments based on  
100 mild heat and carvacrol, citral, (+)-limonene oxide or t-cinnamaldehyde to mitigate the  
101 heat and EOC resistant mutants of *E. coli* that we have previously isolated (Hauben *et*  
102 *al.*, 1997; Vanlint *et al.*, 2011; Chueca *et al.*, 2016; Gayán *et al.*, 2016b). Once the most  
103 effective combination was selected, the combined treatment was validated in coconut  
104 water as a low acidic food model using O157:H7 heat resistant variants. Coconut water,  
105 extracted from young coconut liquid endosperm, is gaining popularity as a natural  
106 carbohydrate-electrolyte rich beverage, but it needs to be mildly processed to maintain  
107 its qualities and to reduce food poisoning risk (Awua *et al.*, 2012; Gabriel and Arellano,  
108 2014). The combination of mild heat and EOCs may be a promising strategy to reduce  
109 negative impact of thermal treatment on coconut water quality.

110

111

## 112 **2. Material and Methods**

### 113 **2.1. Bacterial strains and cultures**

114 *E. coli* MG1655 and ATCC 43888 (serotype O157:H7) and their heat and EOC resistant  
115 derivatives shown in Table 1 were used throughout this study. Strains were first  
116 precultured in test tubes containing 5 ml of Tryptone Soy Broth (TSB; Oxoid,  
117 Basingstoke, UK), which were inoculated with three single colonies and then incubated  
118 aerobically on an orbital shaker (140 rpm; Heidolph Vibramax 100, Schwabach,  
119 Germany) for 12 h at 37°C. Subsequently, the precultures were diluted 1/500 in a flask  
120 containing 50 ml of TSB and incubated for 24 h at 37°C to obtain stationary phase  
121 cultures containing about  $2 \times 10^9$  CFU/ml.

122

### 123 **2.2. Treatment media and EOC reagents**

124 As treatment medium, 0.1 M MES (2-(N-morpholino) ethanesulfonic acid; PanReac  
125 AppliChem, Darmstadt, Germany) buffer adjusted to pH  $5.3 \pm 0.1$  with 1 M NaOH was  
126 used as a model system for coconut water. The buffer was filter-sterilized and stored in  
127 the dark at 4°C for up to one week. Coconut water (Vita Coco, London, UK), thermally  
128 sterilized by the manufacturer and with a pH of  $5.3 \pm 0.1$ , was purchased in a local  
129 market in Belgium. Aliquots of 50 ml of coconut water from the same batch were stored  
130 frozen and thawed 30 min before use.

131 Carvacrol ( $\geq 98\%$ ), citral ( $\geq 96\%$ ) and (+)-limonene oxide (97%) were purchased from  
132 Sigma-Aldrich (St. Louis, MO, USA), while *t*-cinnamaldehyde (99%) was purchased  
133 from Acros Organics (Fairlawn, NJ, USA).

134

### 135 **2.3. Heat and EOC (combined) treatment**

136 Cells from a stationary phase culture were first harvested by centrifugation ( $6000 \times g$ , 5  
137 min) and resuspended in an equal volume of 0.1 M MES buffer or coconut water. Heat  
138 and EOC treatment conditions (*i.e.*, temperature, time and EOC concentration) were  
139 chosen to detect maximum synergistic lethal effects according to preliminary  
140 experiments (Ait-Ouazzou *et al.*, 2013; Espina *et al.*, 2013a). For EOC treatment, cells  
141 were diluted 1/100 in the treatment medium supplemented with a final concentration of  
142 200  $\mu\text{l/l}$  of each EOC and incubated for 10 min at room temperature. For heat treatment,  
143 cells were diluted 1/100 in a closed polypropylene tube (Sharlab, Barcelona, Spain)  
144 containing 900  $\mu\text{l}$  of treatment medium prewarmed at 53.0°C, 55.0°C or 57.0°C ( $\pm$   
145 0.5°C) and incubated for 10 min in an FX heating block (mod. ZE/FX, Zeulab,  
146 Zaragoza, Spain). When EOC and heat treatment were combined, each EOC was  
147 directly added to a tempered tube to a final concentration of 200  $\mu\text{l/l}$  prior to cell  
148 inoculation. During heat treatments, temperature of the treatment medium was

149 continuously monitored with a thermocouple (Almemo 2450, Ahlborn, Holzkirchen,  
150 Germany), and temperature fluctuations remained within  $\pm 0.5^{\circ}\text{C}$ . After treatment,  
151 samples were aseptically retrieved and survivors were recovered as indicated below.

152

#### 153 **2.4. Determination of viability and synergy calculation**

154 Samples were serially diluted in 0.1% (w/v) peptone water (Oxoid), and a 100- $\mu\text{l}$   
155 sample of each dilution was spread-plated onto Tryptone Soy Agar (TSA; Oxoid)  
156 plates. After 24 h of incubation at  $37^{\circ}\text{C}$ , plates containing between 20 and 200 colonies  
157 were counted, so that the quantification limit was 200 CFU/ml (equivalent to about 5  
158  $\log_{10}$  reductions). The logarithmic reduction was calculated as  $\log_{10}(N_0/N)$ , in which  $N_0$   
159 and  $N$  represent the count in CFU/ml prior and after treatment, respectively. The lethal  
160 interaction between heat and each EOC was estimated by subtracting the reduction  
161 values obtained by application of each individual hurdle from the reduction reached by  
162 the combined treatment, as previously described (Feyaerts *et al.*, 2015). A combined  
163 treatment was defined as synergistic, antagonistic or additive when the sum of the  
164 reductions for the individual hurdles was significantly lower, higher or equal,  
165 respectively, than the reduction obtained by the combined treatment.

166

#### 167 **2.5. Statistical analysis**

168 Statistical analyses (ANOVA and  $t$  test) were carried out using the software GraphPad  
169 PRISM 5.0 (GraphPad Software Inc., San Diego, CA, USA), and differences were  
170 regarded as significant when  $P$  was  $\leq 0.05$ . All microbial inactivation data shown in  
171 figures correspond to averages and standard deviations calculated from at least three  
172 replicates performed in different working days.

173

174

### 175 **3. Results and Discussion**

#### 176 **3.1. Evaluation of synergistic lethal effect between heat and EOCs on *E. coli***

##### 177 **MG1655**

178 The occurrence of synergistic lethal effect by the combination of mild heat with  
179 carvacrol, citral, (+)-limonene oxide or *t*-cinnamaldehyde was first explored in the wild-  
180 type (WT) MG1655 strain. These experiments were carried out in MES buffer (pH 5.3)  
181 since food components might provide heat and EOC protection (Espina *et al.*, 2014a;  
182 Maté *et al.*, 2017). Fig. 1 shows the individual inactivation of the WT strain by heat  
183 (53.0°C, 10 min) and each EOC (200 µl/l, 10 min) compared to the inactivation by the  
184 combined treatments (53.0°C, 200 µl/l, 10 min). While heat treatment alone reached 1.4  
185 log<sub>10</sub> reductions and each EOC barely changed viability, the combined treatment with  
186 carvacrol, citral or *t*-cinnamaldehyde synergistically decreased survival to below the  
187 quantification limit (> 5 log<sub>10</sub> reductions). The synergistic effect between heat and  
188 carvacrol or citral on *E. coli* inactivation has been reported in a wide range of buffer  
189 systems and foods (Ait-Ouazzou *et al.*, 2013; Kim and Kang, 2017b; Pagán *et al.*,  
190 2018). However, the synergy of *t*-cinnamaldehyde with mild heat has been barely  
191 investigated despite the fact that this compound has shown a strong synergistic lethal  
192 effect with other physical food preservation methods such as HHP and pulsed electric  
193 fields (Pina-Pérez *et al.*, 2012; Feyaerts *et al.*, 2015; Li and Gänzle, 2016b). As such,  
194 the addition of cinnamon essential oil (100 µl/l) to apple cider reduced the thermal  
195 resistance of *E. coli* O157:H7 at mild temperatures (48°C–54°C) (Knight and McKellar,  
196 2007), and the addition of *t*-cinnamaldehyde (0.15%–1.00% (v/w)) to ground beef  
197 synergistically improved *E. coli* O157:H7 inactivation during cooking (55.0°C–62.5°C)  
198 (Juneja and Friedman, 2008; Amalaradjou *et al.*, 2010).



199 In contrast to carvacrol, citral and *t*-cinnamaldehyde, the combination of (+)-limonene  
200 oxide with heat did not enhance ( $P > 0.05$ ) inactivation (Fig. 1). We previously reported  
201 that (+)-limonene combined with mild heat acted synergistically for *E. coli* O157:H7  
202 inactivation (Espina *et al.*, 2013b; Espina *et al.*, 2014a), and that both (+)-limonene  
203 oxide and limonene are effective for growth inhibition and inactivation of MG1655  
204 (Chueca *et al.*, 2016). In this work, we tested for the first time the potential synergistic  
205 lethal effect between (+)-limonene oxide and heat on *E. coli*. Compared to (+)-  
206 limonene, the lack of synergy between (+)-limonene oxide and heat could be attributed  
207 to differences in their chemical structure and/or in the treatment medium used in  
208 previous studies, since pH and composition can markedly influence the antimicrobial  
209 activity of (+)-limonene (Espina *et al.*, 2013b; Espina *et al.*, 2014a).

210

### 211 **3.2. Lethal effect of the synergistic combinations of heat and EOC on resistant** 212 **variants of *E. coli* MG1655**

213 Subsequently, the synergistic combinations of heat (53.0°C, 10 min) and EOC (*i.e.*,  
214 carvacrol, citral or *t*-cinnamaldehyde; 200 µl/l) was evaluated in heat and EOC resistant  
215 derivatives of MG1655 that we previously obtained by directed evolution (Fig. 2; Table  
216 1). These included three heat resistant mutants: DVL10, which emerged by exposing  
217 MG1655 to successive cycles of progressively intensifying heat shock and resuscitation  
218 (Vanlint *et al.*, 2011), and DVL1 and LMM1020 mutants, which were selected for  
219 increased HHP resistance but also displayed a marked level of cross-resistance to heat  
220 (Hauben *et al.*, 1997; Vanlint *et al.*, 2011). On the other hand, mutants resistant to  
221 carvacrol, citral and (+)-limonene oxide (in this work designated as MTCAR, MTCIT  
222 and MTLOX, respectively) were selected for growth resistance to increased  
223 concentrations of these compounds, which coincided with enhanced tolerance to lethal

224 concentrations of all the EOCs and to heat (Chueca *et al.*, 2016). Unfortunately, a  
225 MG1655 mutant with increased *t*-cinnamaldehyde tolerance was not yet available. Data  
226 on heat and EOC resistance of *E. coli* mutants compared to their corresponding WT  
227 strain reported in our previous studies are compiled in Table S1.  
228 The combination of heat and carvacrol exhibited a synergistic lethal effect of more than  
229 3 log<sub>10</sub> cycles on all the EOC and heat (cross)-resistant MG1655 mutants tested,  
230 resulting in an inactivation higher than 5 log<sub>10</sub> cycles in all the strains (Fig. 2). In  
231 contrast, synergy between citral and heat appeared in all the strains except in DVL1,  
232 whose heat inactivation was only increased ( $P \leq 0.05$ ) by about 0.7 log<sub>10</sub> cycles. *t*-  
233 Cinnamaldehyde, finally, synergistically increased heat inactivation of MTCAR and  
234 MTCIT, while in the other mutants the combination only exerted an additive (*i.e.*,  
235 DVL10 and MTLOX) or even an antagonistic lethal effect (*i.e.*, DVL1 and LMM1020).  
236 Thus, although the combination of heat with carvacrol, citral or *t*-cinnamaldehyde could  
237 synergistically improve inactivation of the MG1655 parent, the synergy between heat  
238 and citral or *t*-cinnamaldehyde was lost against some of its heat and EOC (cross)-  
239 resistant mutants, and only the combination of heat with carvacrol retained its  
240 synergistic interaction against all the derivative strains.

241

### 242 **3.3. Synergistic inactivation of resistant *E. coli* MG1655 and ATCC 43888 variants** 243 **by the combination of heat and carvacrol in coconut water**

244 In view of the large synergy between heat and carvacrol on MG1655 and its heat and  
245 EOC resistant derivatives, this particular combination was then tested in coconut water  
246 (pH 5.3). Please note that all the strains showed significantly ( $P \leq 0.05$ ) higher heat  
247 resistance (53.0°C, 10 min) in coconut water than in MES buffer (compare white bars in  
248 Figs. 1, 2 and 3), probably due to the presence of coconut water components, of

249 currently unknown nature, that protect cells against heat lethal effects. However, the  
250 addition of carvacrol (200  $\mu$ l/l) synergistically enhanced inactivation by more than 4  
251  $\log_{10}$  reductions in all the strains, with the exception of DVL1, which only exhibited 2.5  
252  $\log_{10}$  cycles of synergistic lethal effect (Fig. 3). In fact, the degree of synergy displayed  
253 by this mutant in coconut water was much lower ( $P \leq 0.05$ ) than the effect observed in  
254 MES buffer ( $> 4.3 \log_{10}$  cycles; Fig. 2A).

255 Since consumption of unpasteurized fruit juice has been involved in several foodborne  
256 disease outbreaks (Vojdani *et al.*, 2008), the U.S. FDA compels juice manufacturers to  
257 develop a Hazard Analysis Critical Control Point (HACCP) system and recommends  
258 the application of a decontamination process that reaches at least 5  $\log_{10}$  reductions of  
259 the pathogen of concern (U.S. FDA, 2001). This processing is also critical to ensure  
260 coconut water safety because it is prone to microbial contamination during extraction,  
261 and its nutrient richness and low acidity may support growth of pathogenic  
262 contaminants (Awua *et al.*, 2012; Gabriel and Arellano, 2014). Gabriel and Arellano  
263 (2014) reported that a cocktail of *E. coli* O157:H7 strains displayed higher heat  
264 resistance than a *Salmonella enterica* and *Listeria monocytogenes* cocktail in coconut  
265 water, suggesting that the former should be regarded as the target pathogen to  
266 accomplish the U.S. FDA performance criterion. However, the U.S. FDA (2007) also  
267 identifies *Clostridium botulinum* as a critical hazard in low-acid pasteurized juice, and  
268 therefore design of minimal processing should take into account appropriate control of  
269 this pathogen.

270 Therefore, we also tested the carvacrol and heat combined treatment (53.0°C, 200  $\mu$ l/l,  
271 10 min) in *E. coli* ATCC 43888 (serovar O157:H7) and its heat resistant variants  
272 obtained by directed evolution (Gayán *et al.*, 2016b). These variants were previously  
273 obtained after reiterative exposure of ATCC 43888 to progressively intensifying heat

274 shock with intermittent resuscitation up to the emergence of increased heat resistant  
275 mutants (Gayán *et al.*, 2016b). In the present study, we used the three most thermo-  
276 tolerant isolates, MT3, MT6 and MT9, which showed more than  $10^5$ -fold higher heat  
277 survival (58°C, 15 min) than their parent (Table S1; Gayán *et al.*, 2016b). More  
278 specifically, heat resistance of MT6 was 10-fold higher than that of MT3 and MT9 and  
279 this mutant incurred  $10^3$ -fold lower sublethal injury in the cell envelopes (Gayán *et al.*,  
280 2016b). As illustrated in Fig. 3, the inactivation by the combined treatment was also  
281 synergistic on these strains (ranging from 2.2 to > 4.7  $\log_{10}$  cycles) and reached more  
282 than 5  $\log_{10}$  reductions of ATCC 43888 (WT) and its heat resistant mutants MT3 and  
283 MT9, although MT6 was only reduced by 2.3  $\log_{10}$  cycles. Subsequently, we examined  
284 whether increasing heat treatment intensity could boost the synergy between heat and  
285 carvacrol on the most heat resistant mutants. When the treatment temperature was  
286 increased to 55.0°C, the magnitude of the synergy increased by about 1  $\log_{10}$  cycle on  
287 DVL1 and MT6, reaching 4.1 and 3.4  $\log_{10}$  reductions, respectively (Fig. 4A). Further  
288 temperature increase to 57.0°C enabled to achieve the target of 5  $\log_{10}$  reductions in  
289 both strains, whereas heat inactivation alone only increased about 0.6  $\log_{10}$  cycles (Fig.  
290 4B).

291 To the best of our knowledge, the detailed mechanism of synergistic *E. coli* inactivation  
292 by heat and EOC at molecular and cellular level has not been yet elucidated. It has been  
293 proposed that the synergy between heat and EOCs might stem from heat-induced  
294 damages in the cell envelopes that facilitate the action of hydrophobic EOCs while  
295 impairing resuscitation of injured cells (Ait-Ouazzou *et al.*, 2011; Espina *et al.*, 2013b;  
296 Arioli *et al.*, 2019). In addition, several authors have shown that the extent of heat and  
297 EOC synergy is temperature dependent (Knight and McKellar, 2007; Arioli *et al.*,  
298 2019). Therefore, the higher temperature needed to reach 5  $\log_{10}$  reductions in DVL1

299 and MT6 could be explained by their increased thermotolerance (Fig. 3 and 4) that  
300 likely coincides with increased resistance to thermal sublethal injury. Whole genome  
301 sequence analysis of these mutants might shed light on the causes of heat resistance  
302 and/or of their more performant cell repair system and in turn on the main cellular  
303 targets of the synergistic inactivation of heat and carvacrol combined treatment.

304

#### 305 **4. Conclusions**

306 Although synergistic combinations of mild heat with EOC have been suggested as a  
307 promising approach in minimal food processing to reduce adverse thermal effects on  
308 food quality, the present work demonstrates that some compounds, such as citral and *t*-  
309 cinnamaldehyde, do not exhibit synergy against EOC and heat resistant variants of *E.*  
310 *coli* that can also display increased resistance to the combined treatment. Carvacrol was  
311 the only compound that retained synergy in combination with heat against all the  
312 resistant mutants, and therefore the compound of choice to combine with mild heat  
313 treatment in order to reduce the heat load and improve quality retention. More  
314 specifically, the addition of 200 µl/l of carvacrol increased the thermal reduction of the  
315 most thermotolerant derivatives of O157:H7 in coconut water at 57.0°C from less than 2  
316 log<sub>10</sub> units to more than 5 log<sub>10</sub> units. Although the carvacrol concentration used in this  
317 study might fall above the sensory threshold (Espina *et al.*, 2014b), the combination of  
318 several EOCs that together synergistically enhance heat inactivation could help to  
319 reduce EOC concentrations and/or heating intensity for reaching the 5-log<sub>10</sub> reductions  
320 goal of the most heat resistant *E. coli* mutants without decreasing sensorial acceptability  
321 of coconut water.

322

323

324 **Acknowledgements**

325 This work was supported by a postdoctoral fellowship from the Research Foundation of  
326 Flanders (FWO-Vlaanderen; to EG), a doctoral fellowship from the Spanish Ministry of  
327 Education, Culture and Sports (FPU15/02703 to DB), and grants from the KU Leuven  
328 Research Fund (IDO/10/012; METH/14/03), the Spanish Ministry of Science,  
329 Innovation and Universities (PGC2018-093789-B-I00), the European Social Fund and  
330 the Aragonese Office of Science, Technology and University Research.

331

332

333 **References**

334 Abee, T., Koomen, J., Metselaar, K.I., Zwietering, M.H., den Besten, H.M.W. 2016.  
335 Impact of pathogen population heterogeneity and stress-resistant variants on food  
336 safety. *Annu. Rev. Food Sci.* 7, 439-456.

337 Awua, A.K., Doe, E.D., Agyare, R. 2012. Potential bacterial health risk posed to  
338 consumers of fresh coconut (*Cocos nucifera* L.) water. *Food Nutr. Sci.* 3, 1136-1143.

339 Ait-Ouazzou, A., Espina, L., Garcia-Gonzalo, D., Pagan, R. 2013. Synergistic  
340 combination of physical treatments and carvacrol for *Escherichia coli* O157:H7  
341 inactivation in apple, mango, orange, and tomato juices. *Food Control* 32, 159-167.

342 Ait-Ouazzou, A., Cherrat, L., Espina, L., Lorán, S., Rota, C., Pagán, R. 2011. The  
343 antimicrobial activity of hydrophobic essential oil constituents acting alone or in  
344 combined processes of food preservation. *Innov. Food Sci. Emerg. Technol.* 12, 320-  
345 329.

346 Amalaradjou, M.A.R., Baskaran, S.A., Ramanathan, R., Johny, A.K., Charles, A.S.,  
347 Valipe, S.R., Mattson, T., Schreiber, D., Juneja, V.K., Mancini, R., Venkitanarayanan,  
348 K. 2010. Enhancing the thermal destruction of *Escherichia coli* O157:H7 in ground beef  
349 patties by *t*-cinnamaldehyde. *Food Microbiol.* 27, 841-844.

350 Arioli, S., Montanari, C., Magnani, M., Tabanelli, G., Patrignani, F., Lanciotti, R.,  
351 Mora, D., Gardini, F. 2019. Modelling of *Listeria monocytogenes* Scott A after a mild  
352 heat treatment in the presence of thymol and carvacrol: Effects on culturability and  
353 viability. *J. Food Eng.* 240, 73-82.

354 Berdejo, D., Chueca, B., Pagán, E., Renzoni, A., Kelley, W., Pagán, R., García-  
355 Gonzalo, D. 2019a. Sub-inhibitory doses of individual constituents of essential oils can  
356 select for *Staphylococcus aureus* resistant mutants. *Molecules* 24, 170.

357 Berdejo, D., Pagán, E., García-Gonzalo, D., Pagán, R. 2019b. Exploiting the synergism  
358 among physical and chemical processes for improving food safety. *Curr. Opin. Food*  
359 *Sci.* 30, 14-20.

360 Blattner, F.R., Plunkett, G., Bloch, C.A., Perna, N.T., Burland, V., Riley, M., Collado-  
361 Vides, J., Glasner, J.D., Rode, C.K., Mayhew, G.F., Gregor, J., Davis, N.W.,  
362 Kirkpatrick, H.A., Goeden, M.A., Rose, D.J., Mau, B., Shao, Y. 1997. The complete  
363 genome sequence of *Escherichia coli* K-12. *Science* 277, 1453-14562.

364 Calo, J.R., Crandall, P.G., O'Bryan, C.A., Ricke, S.C. 2015. Essential oils as  
365 antimicrobials in food systems – A review. *Food Control* 54, 111-119.

366 Cava-Roda, R.M., Taboada, A., Palop, A., López-Gómez, A., Marin-Iniesta, F. 2012.  
367 Heat resistance of *Listeria monocytogenes* in semi-skim milk supplemented with  
368 vanillin. *Int. J. Food Microbiol.* 157, 314-318.

369 Chueca, B., Berdejo, D., Gomes-Neto, N.J., Pagán, R., García-Gonzalo, D. 2016.  
370 Emergence of hyper-resistant *Escherichia coli* MG1655 derivative strains after applying  
371 sub-inhibitory doses of individual constituents of essential oils. *Front. Microbiol.* 7,  
372 273.

373 Cui, H., Zhang, C., Li, C., Lin, L. 2019. Antibacterial mechanism of oregano essential  
374 oil. *Ind. Crop. Prod.* 139, 111498.

375 Dawoud, T.M., Davis, M.L., Park, S.H., Kim, S.A., Kwon, Y.M., Jarvis, N., O'Bryan,  
376 C.A., Shi, Z., Crandall, P.G., Ricke, S.C. 2017. The potential link between thermal  
377 resistance and virulence in *Salmonella*: A review. *Front. Vet. Sci.* 4, 93-93.

378 Espina, L., Condón, S., Pagán, R., García-Gonzalo, D. 2014a. Synergistic effect of  
379 orange essential oil or (+)-limonene with heat treatments to inactivate *Escherichia coli*  
380 O157:H7 in orange juice at lower intensities while maintaining hedonic acceptability.  
381 *Food Bioprocess Tech.* 7, 471-481.

382 Espina, L., García-Gonzalo, D., Pagán R. 2014b. Impact of essential oils on the taste  
383 acceptance of tomato juice, vegetable soup, or poultry burgers. *J. Food Sci.* 79, S1575-  
384 S1583.

385 Espina, L., García-Gonzalo, D., Laglaoui, A., Mackey, B.M., Pagán, R. 2013a.  
386 Synergistic combinations of high hydrostatic pressure and essential oils or their



387 constituents and their use in preservation of fruit juices. *Int. J. Food Microbiol.* 161, 23-  
388 30.

389 Espina, L., Gelaw, T.K., de Lamo-Castellví, S., Pagán, R., García-Gonzalo, D. 2013b.  
390 Mechanism of bacterial inactivation by (+)-limonene and its potential use in food  
391 preservation combined processes. *PLoS One* 8, e56769.

392 Feyaerts, J., Rogiers, G., Corthouts, J., Michiels, C.W. 2015. Thiol-reactive natural  
393 antimicrobials and high pressure treatment synergistically enhance bacterial  
394 inactivation. *Innov. Food Sci. Emerg. Technol.* 27, 26-34.

395 Fong, K., Wang, S. 2016. Heat resistance of *Salmonella enterica* is increased by pre-  
396 adaptation to peanut oil or sub-lethal heat exposure. *Food Microbiol.* 58, 139-147.

397 Gabriel, A.A., Arellano, R.U. 2014. Decimal reduction times of acid-adapted and non-  
398 adapted *Escherichia coli* O157:H7, *Salmonella* spp., and *Listeria monocytogenes* in  
399 young *Cocos nucifera* Linn. liquid endosperm. *Food Control* 37, 21-26.

400 Gayán, E., Govers, S.K., Michiels, C.W., Aertsen, A. 2016a. Severely heat injured  
401 survivors of *E. coli* O157:H7 ATCC 43888 display variable and heterogeneous stress  
402 resistance behavior. *Front. Microbiol.* 7, 1845.

403 Gayán, E., Cambre, A., Michiels, C.W., Aertsen, A. 2016b. Stress-induced evolution of  
404 heat resistance and resuscitation speed in *Escherichia coli* O157:H7 ATCC 43888.  
405 *Appl. Environ. Microbiol.* 82, 6656-6663.

406 Hauben, K.J., Bartlett, D.H., Soontjens, C.C., Cornelis, K., Wuytack, E.Y., Michiels,  
407 C.W. 1997. *Escherichia coli* mutants resistant to inactivation by high hydrostatic  
408 pressure. *Appl. Environ. Microbiol.* 63, 945-950.

409 Juneja, V.K., Friedman, M. 2008. Carvacrol and cinnamaldehyde facilitate thermal  
410 destruction of *Escherichia coli* O157:H7 in raw ground beef. J. Food Prot. 71, 1604-  
411 1611.

412 Kim, S.S., Kang, D.H. 2017a. Combination treatment of ohmic heating with various  
413 essential oil components for inactivation of food-borne pathogens in buffered peptone  
414 water and salsa. Food Control 80, 29-36.

415 Kim, S.S., Kang, D.H. 2017b. Synergistic effect of carvacrol and ohmic heating for  
416 inactivation of *E. coli* O157:H7, *S. Typhimurium*, *L. monocytogenes*, and MS-2  
417 bacteriophage in salsa. Food Control 73, 300-305.

418 Knight, K.P., McKellar, R.C. 2007. Influence of cinnamon and clove essential oils on  
419 the D- and z-values of *Escherichia coli* O157:H7 in apple cider. J. Food Prot. 70, 2089-  
420 2094.

421 Li, H., Gänzle, M. 2016a. Effect of hydrostatic pressure and antimicrobials on survival  
422 of *Listeria monocytogenes* and enterohaemorrhagic *Escherichia coli* in beef. Innov.  
423 Food Sci. Emerg. Technol. 38, 321-327.

424 Li, H., Gänzle, M. 2016b. Some like it hot: Heat resistance of *Escherichia coli* in food.  
425 Front. Microbiol. 7, 1763.

426 Maté, J., Periago, P.M., Ros-Chumillas, M., Grullón, C., Huertas, J.P., Palop, A. 2017.  
427 Fat and fibre interfere with the dramatic effect that nanoemulsified d-limonene has on  
428 the heat resistance of *Listeria monocytogenes*. Food Microbiol. 62, 270-274.

429 Pagán, E., Berdejo, D., Espina, L., García-Gonzalo, D., Pagán, R. 2018. Antimicrobial  
430 activity of suspensions and nanoemulsions of citral in combination with heat or pulsed  
431 electric fields. *Lett. Appl. Microbiol.* 66, 63-70.

432 Pina-Pérez, M.C., Martínez-López, A., Rodrigo, D. 2012. Cinnamon antimicrobial  
433 effect against *Salmonella typhimurium* cells treated by pulsed electric fields (PEF) in  
434 pasteurized skim milk beverage. *Food Res. Int.* 48, 777-783.

435 Slanec, T., Schmidt, H. 2011. Specific expression of adherence-related genes in  
436 *Escherichia coli* O157:H7 strain EDL933 after heat treatment in ground beef. *J. Food*  
437 *Prot.* 74, 1434-1440.

438 Uhlich, G.A., Reichenberger, E.R., Cottrell, B.J., Fratamico, P., Andreozzi, E. 2017.  
439 Whole-genome sequence of *Escherichia coli* serotype O157:H7 strain B6914-ARS.  
440 *Genome Announc.* 5, e01191-01117.

441 U.S. FDA. 2011. Synthetic flavoring substances and adjuvants. 21 CFR 182.60.

442 U.S. FDA. 2007. Guidance for industry: refrigerated carrot juice and other refrigerated  
443 low-acid juices. 72 FR 31078.

444 U.S. FDA. 2001. Hazard Analysis and Critical Control Point (HACCP); procedures for  
445 the safe and sanitary processing and importing of juice. 21 CFR part 120, 66 FR.

446 Vanlint, D., Mitchell, R., Bailey, E., Meersman, F., McMillan, P.F., Michiels, C.W.,  
447 Aertsen, A. 2011. Rapid acquisition of gigapascal-high-pressure resistance by  
448 *Escherichia coli*. *Mbio* 2, e00130-10.

449 Vojdani, J.D., Beuchat, L.R., Tauxe, R.V. 2008. Juice-associated outbreaks of human  
450 illness in the United States, 1995 through 2005. J. Food Prot. 71, 356-364.

451

452

453

454

455

456

457

458

459

460

461

462

463

464

465

466 **Table 1.** *E. coli* strains used in this study.

Strain	Description	Source
MG1655	Wild-type strain	Blattner <i>et al.</i> (1997)
DVL10	Heat resistant derivative of MG1655	Vanlint <i>et al.</i> (2011)
DVL1	HHP and heat (cross-)resistant derivative of MG1655	Vanlint <i>et al.</i> (2011)
LMM1020	HHP and heat (cross-)resistant derivative of MG1655	Hauben <i>et al.</i> (1997)
MTCAR	Carvacrol and heat (cross-)resistant derivative of MG1655. Originally designated as CAR.	Chueca <i>et al.</i> (2016)
MTCIT	Citral and heat (cross-)resistant derivative of MG1655. Originally designated as CIT.	Chueca <i>et al.</i> (2016)
MTLOX	(+)-limonene oxide and heat (cross-)resistant derivative of MG1655. Originally designated as LIM.	Chueca <i>et al.</i> (2016)
ATCC 43888	Wild-type (WT) strain	Uhlich <i>et al.</i> (2017)
MT3	Heat resistant derivative of ATCC 43888	Gayán <i>et al.</i> (2016b)
MT6	Heat resistant derivative of ATCC 43888	Gayán <i>et al.</i> (2016b)
MT9	Heat resistant derivative of ATCC 43888	Gayán <i>et al.</i> (2016b)

467

468

469

470

471

472

473

474

475

476

477 **Figure captions**

478 **Figure 1.** Logarithmic reduction ( $\log_{10} N_0/N$ ) of *E. coli* MG1655 (WT) by mild heat  
479 (53.0°C, 10 min; white bar, H) and each EOC (200  $\mu$ l/l, 10 min; grey bars: CAR,  
480 carvacrol; CIT, citral; LOX, (+)-limonene oxide; *t*-CIN, *t*-cinnamaldehyde) separately  
481 and the combination of both hurdles (black bars, H + EOC) in MES buffer (0.1 M, pH  
482 5.3). Dotted line indicates the quantification limit (200 CFU/ml, equivalent to about 5  
483  $\log_{10}$  reductions). Asterisks indicate synergistic combinations based on statistical  
484 analysis ( $P \leq 0.05$ ).

485 **Figure 2.** Logarithmic reduction ( $\log_{10} N_0/N$ ) of indicated *E. coli* mutants by mild heat  
486 (53.0°C, 10 min; white bars) and each EOC (200  $\mu$ l/l, 10 min; grey bars) separately and  
487 the combination of both hurdles (black bars) in MES buffer (0.1M, pH 5.3): (A)  
488 carvacrol, (B) citral, (C) *t*-cinnamaldehyde. Dotted line indicates the quantification limit  
489 (200 CFU/ml, equivalent to about 5  $\log_{10}$  reductions). Asterisks indicate synergistic  
490 combinations based on statistical analysis ( $P \leq 0.05$ ).

491 **Figure 3.** Logarithmic reduction ( $\log_{10} N_0/N$ ) of *E. coli* MG1655 and ATCC 438888  
492 (WT) and their indicated derivatives by mild heat (53.0°C, 10 min; white bars) and  
493 carvacrol (200  $\mu$ l/l, 15 min; grey bars) separately and by the combination of both  
494 hurdles (black bars) in coconut water (pH 5.3). Dotted line indicates the quantification  
495 limit (200 CFU/ml, equivalent to about 5  $\log_{10}$  reductions). Asterisks indicate  
496 synergistic combinations based on statistical analysis ( $P \leq 0.05$ ).

497 **Figure 4.** Logarithmic reduction ( $\log_{10} N_0/N$ ) of *E. coli* MG1655 and ATCC 438888  
498 (WT) and their indicated heat resistant derivatives by heat (A) 55.0°C, 10 min; (B)  
499 57.0°C, 10 min) in the absence (white bars) or presence of carvacrol (200  $\mu$ l/l; black  
500 bars) in coconut water (pH 5.3). Dotted line indicates the quantification limit (200

501 CFU/ml, equivalent to about 5 log<sub>10</sub> reductions). Asterisks indicate synergistic  
502 combinations based on statistical analysis ( $P \leq 0.05$ ).

503

504

505

506

507

508

509

510

511

512

513

514

515

516

517

518

519

520

521

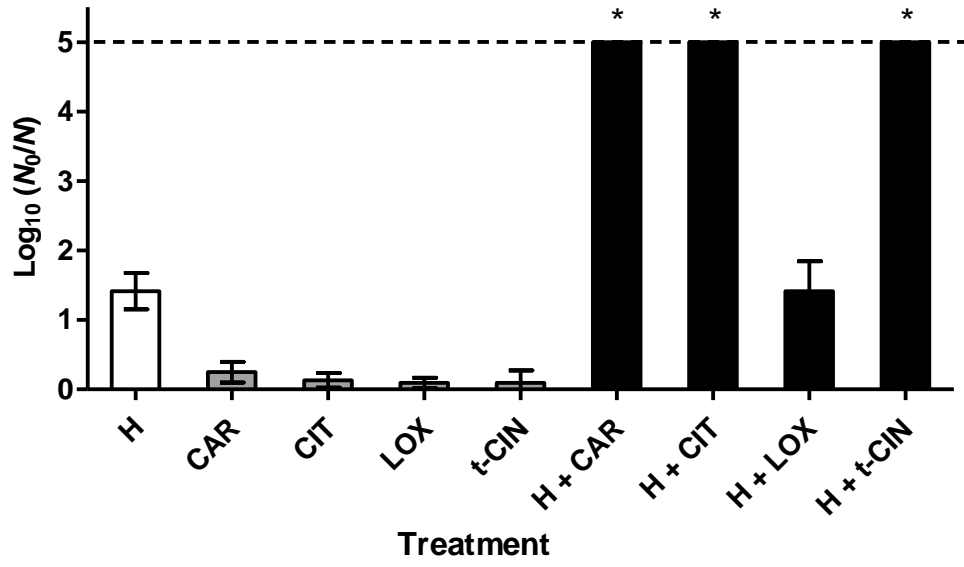
522

523

524

525

526 **Figure 1**



527

528

529

530

531

532

533

534

535

536

537

538

539

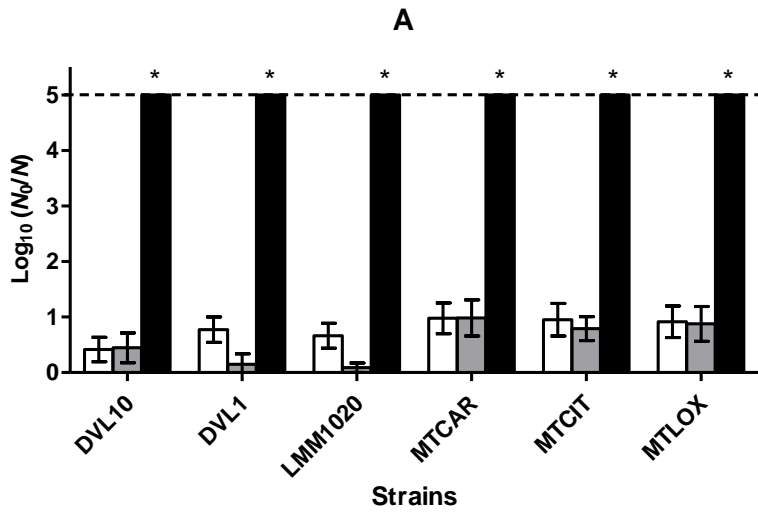
540

541

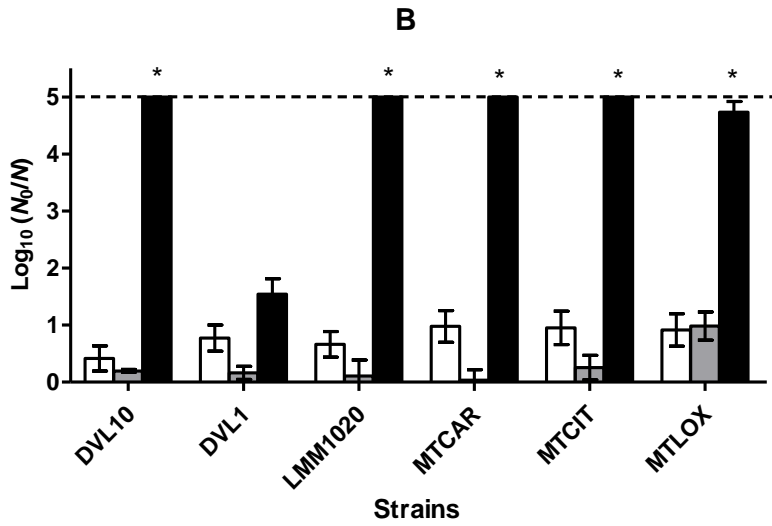
542



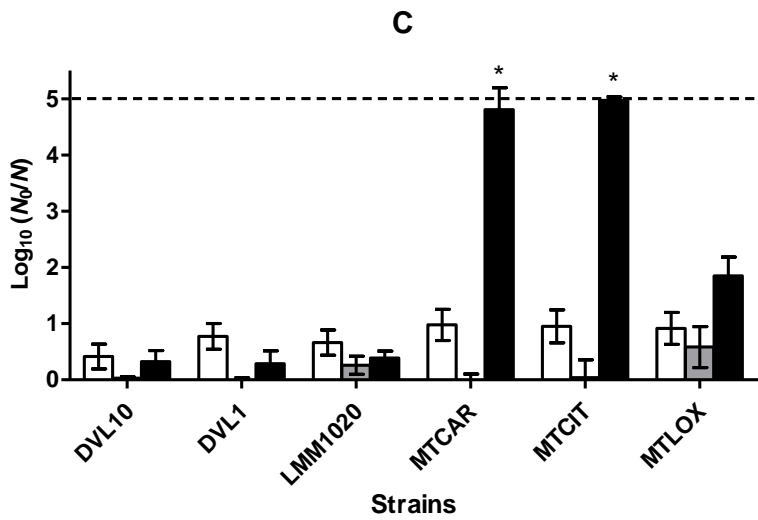
543 **Figure 2**



544



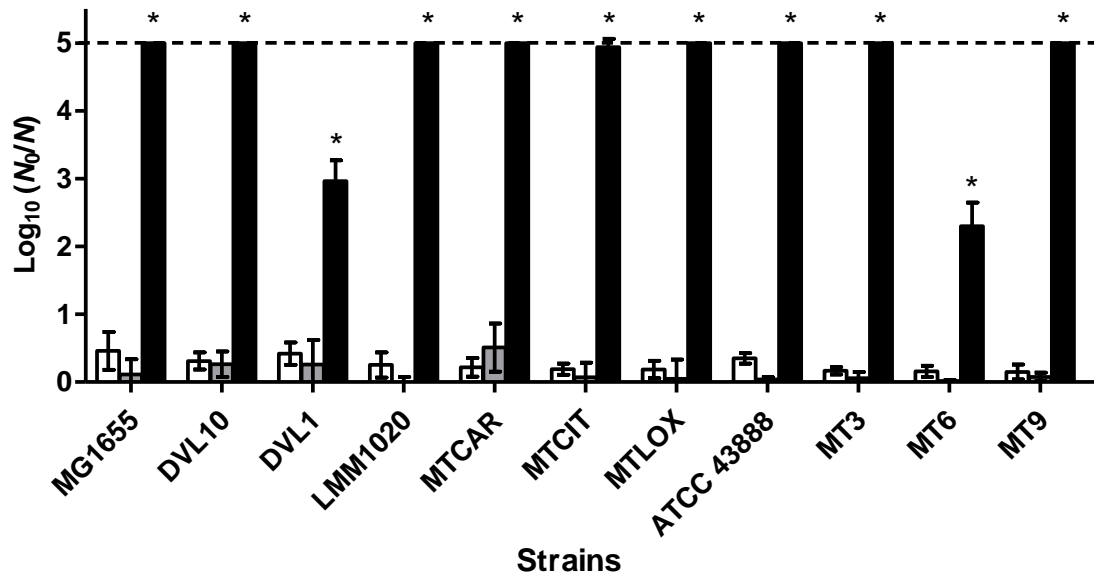
545



546

547

548 **Figure 3**



549

550

551

552

553

554

555

556

557

558

559

560

561

562

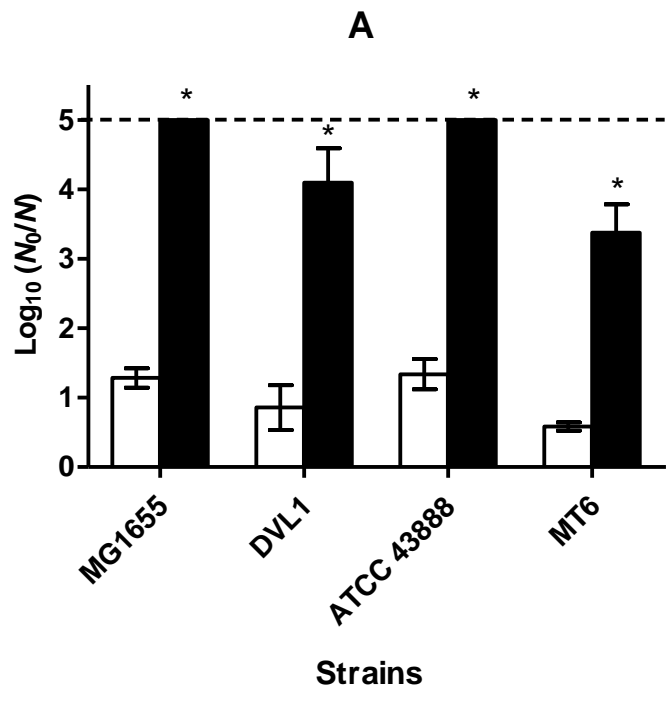
563

564

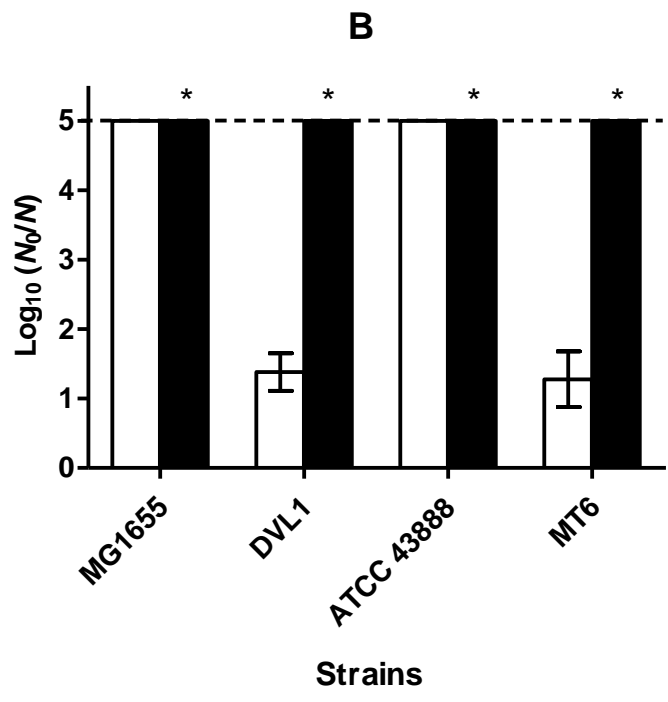
565

566

567 **Figure 4**



568



569

570