**Methods**

Our work was done targeting on two aims, comparing flavour-adding-effects of various amount seasoning and comparing germicidal effects after heated for different duration. Based on variable controlling principle, our experiment subjects were 12 50g chicken breast from Marry’s House® in order to guarantee almost equal quality[1]. We divided these chicken breast into 3 groups, and marked them with A, B and C individually. In each group, we then marked them with 1, 2, 3, 4, which means finally these experimental subjects were named as A1, A2, ..., C3, C4.

After seasoning, we added varying amounts of the same seasoning to these chicken breasts. For subjects whose number contained 2, we added 1g Tianfeng® seasoning to the meat.[1] Similarly, we added 2g and 3g seasoning to subjects numbered with 3 and 4 individually, while A1, B1 and C1 were left without any seasoning as blank control groups. Next, we rubbed the meat with seasoning for 5 minutes using the same amount of force; 5 minutes is long enough for stirring up as well as short enough for bacteria to reproduce dramatically.[2] Once these operations were completed, all 12 samples were placed in porcelain bowl covered with plastic wrap to minimize environmental disturbance.

Following the step of seasoning, we took up heating these meat. Samples labeled with B were baked at 150℃ for 15 minutes, while those labeled with A and C were heated under the same condition for 0 and 30 minutes respectively. It is worth noting that all heating process was carried out in a same oven. Then heated chicken was transferred to amber glass containers and sent directly to the laboratory in Peking University. In laboratory, we analyzed these chicken breast in the aspects of bacteria content and flavor using Ding’s method.[3]

Compared to previous research designed by Wang et al.(2020)[4], we added the step to heat subjects with different amount seasoning. Although it seemed a little complex and time-consuming, it did improve confidence of result as it only changed single variable for a time strictly.

References

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