### An approach to the preparation of chicken using heat and flavouring

In this Study, we developed one type of preparation of chicken using heat and flavoring. Then, we compare the preparation with just eaten raw from two aspects: the taste and heath of chicken.

To eliminate the influence of differences between chicken samples as far as possible, all chicken samples were afforded by the Sam-Chicken Farms, where every chicken is raised under same condition. Subsequently, these chicken samples were split into two groups, one group is raw while another one were seriously cooked using heat and flavoring. The flavoring named xp1-0 we used was extracted from the herbal plants Xplot1 in our laboratory. Before cooking the chicken, we washed them with salt water at 20% concentration for 5 minutes, which has been proved to clean the dirt on food surface most efficiently by Daniel2. 10 minutes after the wash, we sparkled 20g xp1-0 seasoning evenly on the chickens’ surface. After that, the chicken was positioned in the center of 50cm x 60cm x 35cm-scale Sam-Tom types toaster oven, which has the most precise temperature control in the world3. Then, these chickens were heated at 180℃ for 10 minutes. In the end, a group of chicken cooked with heat and flavoring was acquired.

To show the advantage of cooking with heat and flavoring, we made two tests. In First test, we randomly chose 100 testers from the society and invited them to taste two 3cmx3cmx3cm-size chicken samples, one is cut from the raw chicken while another is from the chicken cooked with heat and seasoning. All testers didn’t know the where the two samples were separately from before they tasted the samples so that they won’t have prejudge. In the second test, we examined the bacteria concentration on samples using chemical-dyeing method adapted from Jacson’s work4, the dyeing JOJK5 we used was more sensitive to the bacteria concentration change than Jacson’s.

**Bibliography**

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