

Developing good taste and high nutritional value food
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Abstract

Double Cao-Gu ancient explored by our group, first of all explain the thinking focus on the direction of the name, the Cottage, ancient classical Chinese are all created characters from, and then the combination of two separate and independent Chinese characters for the word "bitter", while the Double the meaning is the double meaning overlap. Our group made the combination by the bitterness of the bitter melon and chocolate, two Chinese and Western food, so named for the Double Cottage ancient (mean the bitter gourd chocolate).

Prompted us to want to work out this product for two reasons, according to the poll inspection to modern civilization, bitter melon taste different appearance is a unique style, and so many modern people did not dare to take on the food development, so the E-generation people derived from "time is money" concept, coupled with the pace of life does not stop working hours increasing, leading to easy to ignore a balanced diet, but also for the sake of a simple, convenient, fast food has become who dine outer eater first choice of meals, so that over time the forms of life, resulting in the accumulation of grease is not a nutritional function. So, in order to overcome the above-mentioned two modern problems, so we developed this innovative product, and the challenge of a "bitter" taste, and we hope you enjoy after we launched "Double Cao-Gu", ancient to word of mouth, commodity attract more ethnic groups, a wider age so that everyone to taste bitter gourd delicious. The purpose of this study is the two different kinds of bitterness with the combination of high-value and delicious products, unique bitterness mix of tactics, so that we can re-accept the bitter gourd, enjoy high value and delicious products.

The study architecture processes of research methods: Research Background and Motivation → literature → new product development → try → finished → test to eat → questionnaires → Analysis Questionnaire → findings and

recommendations.

The process details: The production of new products are mainly divided into two parts, the first chocolate sauce is to take the approach of Japanese raw chocolate, milk, heavy cream, glucose syrup are heated together, then 72% of the chocolate beans with resisting heat steps to the heated material mix well together then add the diced butter stir together; second, bitter melon approach, bitter melon clean removal within the white, seeds, finely diced with clean boiled to facilitate to bitterness. The last two parts of the ingredients and mix well poured into the mold into the refrigerator freezer, frozen one night can be removed from the refrigerator and cut and stained with cocoa powder, appearance seemingly Chocolate Truffles, in fact, contains bitter melon and chocolate ingredients.

Come back the issuance of the questionnaire is expected to issue two hundred copies, and has targeted white-collar workers, children, teenagers, college students, place in front of the train station in Hsinchu, Hsinchu East Gate Elementary School next to, Hsinchu private GUANG-FOU senior high school next to the Hsinchu private Chinese University doorway. Take convenience sampling, will continue to use the three weeks to the questionnaire, as well as try to eat activities, want to be able to collect of all ages love this product and whether it is supported.

Amino acids a high nutritional value of the vegetable varieties, rich in vitamins A, B1, B6, C, niacin, sodium, potassium, calcium, magnesium, phosphorus, protein, fiber, carotene, bitter melon, 5-hydroxytryptamine and a variety of amino acids such as glutamate, alanine, β -alanine, proline, α -amino butyric acid, citrulline, and in addition there galacturonic acid and pectin other ingredients. The summer heat pathogenic fire, eyesight, improve eye swelling, detoxification, antipyretic, mind, pain, less urine, yellow skin care beauty, impatient, promote appetite, anti-inflammatory, detoxification, relieve stress.

With summer heat detoxification, stomach efficacy. Mainly used for fever, heatstroke, dysentery, red eyes, pain, malignant sore. Western medicine perspective, rich in vitamin C content of bitter melon can enhance the body's immune system, but also help us to combat stress. The foreign study found that bitter melon with hypoglycemic effect, can help diabetics

control blood sugar. Confirmed by the American College of Cardiology expert, they carried out a large-scale studies have shown that the timing chocolate, effectively guaranteeing the normal operation of the platelet function. Description In this sense, chocolate as aspirin to prevent platelet adhesion, they can not form the heart and brain thrombosis. To people who don' t want to sick, chocolate is an excellent diet helper. The combination of the two products, one can eat bitter melon and chocolate nutrients, two would not have tasted the bitter gourd itself uncomfortable bitterness which bitterness after the deployment of desalination, brewing a different and acceptable fresh bitterness, Itself slightly bitter taste to make the combination of chocolate ,people feel like immersive new taste to enjoy overlapping , require you to personally experience.

Keyword : Double Cottage ancient , Bitter gourd
chocolate , Bitterness , Cottage ancient , Chocolate , Bitter gourd