

健康產品開發之苦瓜布蕾

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摘要

Abstract

Bitter rich in nutrients, but has a bitter taste, and desire to promote the consumption of generalization, more difficult, especially the younger to accept a lower degree. Therefore, how to change the way of cooking in order to increase its palatability, and by sensory evaluation experiment to identify an effective reduced sensitivity to bitter taste without losing the original flavor of the method, but also enables people to be happy eating and increasing acceptance of bitter gourd the degree is a subject worthy of study.

The bitter fruit including the gland alkali, serotonin, and other ingredients, alkaloids, bitter glycosides, its source of bitterness. Bitter plants with higher amino acid has a bitter taste in the more than 30 kinds of amino acids there are 20 types of amino acids contained in bitter gourd contains glutamic acid, alanine, beta-alanine, candied amine acid, α -aminobutyric acid, citrulline, In addition, there are semi-galacturonic acid and pectin and other ingredients. In this study, the bitter gourd with hot water boiled, cooked puree to the blender, such hot water blanching is generally fruits and vegetables commonly used processing methods. In the process, bitter gourd after repeatedly conditioning can be bitter to reduce, after then add the fresh cream, eggs and seasonings after cooking and found that the smell of bitter gourd Brulee increase, organization, taste and flavor are improved, fresh cream milk flavor mellow but not tired of there eggs coagulation, combined with different materials to make the bitter gourd acceptance to improve the utilization increase as a result.

Mentioned in the literature of the bitter taste of bitter melon can stimulate a lot of saliva and gastric juice secretion, can increase appetite. Consumer acceptance of the ages and consumption also improved

significantly by the experimental results, changing the feeding of bitter gourd traditional way can be follow-up bitter gourd Brulee to R & D as an appetizer, should be feasible. And experiments show that bitter melon Brulee with other ingredients can indeed develop into a variety of appetizers; taste acceptance or liked by the sensory evaluation experiments to measure and look forward to the future could continue to develop a variety of bitter gourd products.

關鍵字：health products, bitter gourd Brulee, product development, appetizers, desserts