

## Let's make a space food by using Peucedanum Japonicum which is medicinal herbs

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### Purpose

In a long-term stay in the space, the meal is very important. It is necessary to have the balanced meal every time not to get sick. Therefore it is necessary for space foods to prepared dishes with medicinal herbs. The reinforcement or cancer prevention of immunity were intended that superior efficacy made space foods using prospective Peucedanum japonicum. The Peucedanum japonicum has bitter taste, but considered the method that we could use Peucedanum japonicum as snacks, deliciously.

### Method

At first we made a liquid of Peucedanum japonicum by using a mixer. I made three kinds of snacks which are pound cake, dumpling and shortbread with the liquid of the Peucedanum japonicum. We did a sensuality test for subjects and we get the result of taste and the result of smell. The perfect scores of sensuality test is 10 points. To make a pound cake, we mixed 200 g of pancake mixture with 180g of Peucedanum japonicum. And we baked it by using 180 degree oven during 30 minutes. Furthermore, I made the poundcake which I added 10 g of powdered green tea in this basic recipe. In addition, the dumpling mixed 150 g of powder with 130g of nonglutinous rice powde.And we mixed Peucedanum japonicum in that dumpling. We steamed it with 100 degrees for 30 minutes. The shortbread mixed 250 g of weak flour, powder from nonglutinous rice 50 g, sugar 80 g, butter 175 g, Peucedanum japonicum 25 g and leaf 6 g of the mint. And we baked it at 170 degrees for 45 minutes.

### Result

We were able to eat deliciously without feeling bitterness of the Peucedanum japonicum by eating snacks. I judged even a sensuality examination to be delicious from a primary schoolchild to an elderly person. By butter, by wheat flour and by the cooking process, Peucedanum japonicum taste is better than before. It is easy to eat after cooking.

### Consideration

The Peucedanum japonicum taste was not bitter after cooking. And it was able to eat. Peucedanum japonicum have cancer protective efficacy. It is necessary to take as medicinal herb to keep our body health in the space. The space radiation including danger of the carcinogenesis may be accompanied in the space. Next, we would like to make the side dish by using peucedanum japonicum. And we would like to say utilization of medicinal herbs widely generally in future.

Keywords: Space foods, medicinal herbs, medicinal meal, Peucedanum Japonicum, snacks