An oil and fat composition for roux of the present invention contains 25 to 100 mass%, preferably 50 to 100 mass%, and more preferably 70 to 100 mass% of a shea fat. If it is less than 25 mass%, sufficient effects may not be exhibited.

A shea fat is a generic term for oils and fats obtained from the seeds of *Vitellaria paradoxa* (*Butyrospermum parkii*), which grows in the area commonly known as the Shea Belt in north-central Africa. A shea fat is a solid at room temperature, and is sometimes used without changing physical properties, but in order to improve the function of a solid part as substitute oils and fats for cacao butter, it is often used after fractionating the solid part and the liquid part. The solid part obtained by fractionation is used as substitute oils and fats for cacao butter and also often used in order to improve the function of chocolate such as preventing so-called fat bloom in which the surface of chocolate products turns white and the inside becomes powdery, taking advantage of its excellent characteristics, and is mainly used for chocolate products (Patent Literature 3 to 5).

As described above, there are various processed oils and fats for shea fats such as a solid part and a liquid part depending on applications, but in the present invention, such processed oils and fats of shea fats can be used without limitation.

It is preferable to use a shea fat having an iodine value of 30 to 80, it is more preferable to use a shea fat having an iodine value of 35 to 80, it is still more preferable to use a shea fat having an iodine value of 50 to 80, and it is yet more preferable to use a shea fat having an iodine value of 60 to 80, which is preferable in order to obtain a flavor suitable for processed foods.

[0012]

The oil and fat composition for roux of the present invention may contain a shea fat, but oils and fats other than a shea fat may be used. Examples of oils and fats that