

ABSTRACT

The present invention relates to a bakery food which has reduced gumminess, improved meltability in mouth, excellent chewability and improved softness, as well as excellent appearance and good dough handling properties.

The bakery food according to the present invention can be obtained by preparing a bakery food dough and then heat cooking the same. The bakery food dough is prepared by a method for producing a bakery food dough, the method comprising a step of preparing bakery food dough containing a powder ingredient, an enzyme, and Ingredient (A), a powdery/granular ingredient, that satisfies the following requirements (1) to (4): (1) has a starch content of 75 mass% or more; (2) contains 3 mass% or more and 45 mass% or less low-molecular-weight starch obtained from starch having an amylose content of 5 mass% or more, where the peak molecular weight of said low-molecular-weight starch is 3×10^3 or more and 5×10^4 or less; (3) degree of cold water swelling at 25°C is 5 or more and 20 or less; and (4) the content of Ingredient (A) passing through a sieve with an aperture size of 0.5 mm but not passing through a sieve with an aperture size of 0.038 mm is 30 mass% or more and 100 mass% or less, wherein, in the step of preparing the bakery food dough, the content of Ingredient (A) to the sum content of the powder ingredient and Ingredient (A) in the dough is 0.8 mass% or more and 35 mass% or less.