

ABSTRACT

The present invention relates to a shape modifier for a layered puffed food, said shape modifier comprising a phytosterol fatty acid ester. Further, the present invention relates to: a method for producing a plastic oil-and-fat composition for a layered puffed food, said method comprising a step for adding a phytosterol fatty acid ester to an edible oil and fat, a method for producing a dough for a layered puffed food, said method comprising a step for applying the plastic oil-and-fat composition to a grain flour dough in such a manner that the plastic oil-and-fat composition forms multiple layers in the grain flour dough; and a method for producing a layered puffed food. Furthermore, the present invention relates to a method for improving the puffing of a layered puffed food.