

METHOD FOR PRODUCING SOLID FOOD AND METHOD FOR
PRODUCING SOLID MILK

ABSTRACT

Provided are a method for producing a solid food having suitable solubility and easily handled strength and a method for producing a solid milk having suitable solubility and easily handled strength. The method for producing a solid food having a solid form obtained by compression molding a food powder includes: compression molding the food powder to form a compression molded body of the food powder; and performing a hardening treatment on the compression molded body of the food powder, in which the hardening treatment includes placing the compression molded body of the food powder under an environment of a humidity of 100%RH or less and a temperature of higher than 100°C.

[FIG. 1]