

ABSTRACT

The present invention addresses the problem of providing a technique for easily preparing a heated food with a succulent texture while minimizing water loss due to heating. The method for producing a heated food of the present invention includes pretreating a food precursor susceptible to water exudation on heating by applying a composition containing a monovalent metal salt of alginic acid and a slightly water-soluble divalent metal salt to the food precursor and heating the pretreated food precursor. The method includes performing a gelling prevention measure to prevent the alginic acid in the composition from gelling after the pretreatment and before the heating. The gelling prevention measure includes controlling (1) the temperature of the food precursor immediately before applying the composition in the pretreatment at or below 30°C, (2) the time in which the temperature of the pretreated food precursor is 40°C or higher less than 2 hours, and (3) the time in which the temperature of the pretreated food precursor is in the range of from 10°C to 20°C less than 12 hours.