

ABSTRACT

This method for producing cooked fresh pasta with a sauce involves: a fresh pasta preparation step of preparing a dough by adding water to a raw material flour, obtaining a fresh pasta by extruding the dough at a pressure of from 35 to 100 kgf/cm², and subjecting the fresh pasta to a dry heating treatment to adjust the mass of the fresh pasta after the treatment to 80 to 97 mass% with respect to the mass of the fresh pasta before the treatment; and a cooking step of obtaining cooked fresh pasta by boil-cooking or steam-cooking the fresh pasta after the dry heating treatment. Preferably, the raw material flour contains an emulsifier, and a flour material including wheat flour as a main component; and the content of the emulsifier is from 0.2 to 2 parts by mass with respect to 100 parts by mass of the flour material.