

ABSTRACT

METHOD FOR PRODUCING EDIBLE OIL AND FAT, AND USE OF SAID

EDIBLE OIL AND FAT

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There is provided a production method for obtaining an edible oil and fat that has a low trans-fatty acid content and is exceptional in terms of other qualities as well.

The method for producing an edible oil and fat according
10 to the present invention includes performing a refinement treatment on an unrefined oil obtained from an oil and fat raw material to produce an edible oil and fat, wherein the refinement treatment includes a deodorization step, and the deodorization step is performed while satisfying all of the
15 following criteria: (criterion 1) the temperature is 210°C or higher and 220°C or lower; (criterion 2) the degree of vacuum is greater than 2.1 Torr and is 4.0 Torr or lower; and (criterion 3) the amount of water vapor supplied to the oil and fat on which the deodorization step is implemented is 0.5
20 mass% or greater and is less than 2.5 mass%.

No Figure