

[Name of Document] Abstract

According to the present invention, an encased mousse-form solid food is provided. The encased mousse-form solid food includes a container with an opening, a mousse-form solid body contained inside the container, a viscous liquid contained inside the container and covering a circumference of the mousse-form solid body, and a lid attached to the opening of the container. The mousse-form solid body has a hardness of 1.0×10^4 N/m² or more and 5.0×10^4 N/m² or less. The viscous liquid has a viscosity of 0.5 Pa·s or more and 10.0 Pa·s or less.