

Abstract

The purpose of the invention is to provide a method for producing a fermented milk wherein a fermented milk having sufficient hardness and smooth texture can be produced without reducing the production efficiency of the fermented milk, thus the present invention is a method for producing a fermented milk comprising a step of homogenizing a raw material milk to reduce an average particle size of the raw material milk, a step of sterilizing the raw material milk at 115°C-150°C before or after the step of homogenizing the raw material milk, and a step of fermenting the raw material milk after the step of homogenizing the raw material milk and the step of sterilizing the raw material milk.