

ABSTRACT

To provide an edible ingredient having an exceptional effect for enhancing *umami*.

An *umami*-enhancing composition having an oxidation
5 treatment product of a palm-based oil and fat as an active
ingredient. The *umami*-enhancing composition can be formulated
through a manufacturing method including a step in which a
palm-based oil and fat in which the total α -carotene and β -
carotene content is 30 mass ppm or more and 2000 mass ppm or
10 less is subjected to an oxidation treatment such that the
peroxide value reaches 3 or greater and 250 or lower. The
umami-enhancing composition is optimally used as a food-
product ingredient, etc., for: manufacturing a seasoning, an
extract, or an oil and fat composition for cooking with heat;
15 or enhancing the *umami* of a food product.