form can be applied, or the specific composition in powder or liquid form may be kneaded into the granular food precursor, and the resulting mixture is shaped into a patty.

[0027]

The specific composition in liquid form can be used like a familiar marinade or any other seasoning liquids. Specifically, the liquid specific composition may be sprinkled over a food precursor in a usual manner, well combined with or kneaded into the food precursor so that the composition may adhere uniformly all over the food precursor, or the liquid specific composition may be mixed with or kneaded into a food precursor, or a food precursor may be soaked in the liquid specific composition for several minutes to several hours.

[0028]

The amount of the specific composition to be attached to a food precursor in the pretreatment is not particularly limited and is adjusted as appropriate according to the type of the food precursor, the method of cooking, and the like. Typically, it is preferably 0.1 to 60 parts, more preferably 0.1 to 30 parts, even more preferably 0.1 to 10 parts, by mass on solid basis per 100 parts by mass of the food precursor.

[0029]

The thus pretreated food precursor is then heated by any cooking method that allows water to exude from the food precursor. The cooking method includes one or a combination of two or more of the conventional cooking methods selected according to the type of the food precursor ~~and the cooking methods of the food precursor~~, such as frying, baking, and steaming.

[0030]

The present invention is characterized in that a gelling prevention measure to prevent the alginic acid in the composition from gelling is performed after completion of the pretreatment and before the cooking is performed.

The main object of the present invention is to minimize the water loss of a food precursor caused by heating. To accomplish this object, the aforementioned pretreatment is carried out on the food precursor prior to the heating to apply the