

ABSTRACT

It is an object of the present invention to provide a pudding with meltability-in-the-mouth superior to conventional puddings. A method for
5 producing a pudding according to the present invention includes a preparing step and a homogenizing step. A base liquid is prepared in the preparing step. The base liquid is homogenized in the homogenizing step such that a median diameter of dispersoids in the base liquid is in a range of 1.0 μm or more to 6.0 μm or less and the standard deviation of the median diameter of the dispersoids
10 is 0.30 or less. It should be noted that homogenizing pressure is preferably in a range of 1 MPa or more to 15 MPa or less at that time.