

Abstract

Oxidized and partially hydrogenated oil or fat

There are provided an oil or fat composition having hydrogenated aroma and flavor as a conventional one and the hydrogenated aroma lasting long, while having trans-fatty acid content reduced to the same extent as that in a general liquid salad oil, and the starting material thereof. The oxidized and partially hydrogenated oil or fat of the present invention contains C18:2 trans-isomer from 10 to 60 wt.% on the total constituent fatty acid content basis and has peroxide value from 8 to 350 meq/kg. Ratio by weight of the C18:2 trans-isomer content to C18:1 trans-isomer content in all the constituent fatty acids is preferably 0.3 to 1.8.