

ABSTRACT

Disclosed in this application are a method for producing a food material containing cysteinylglycine at a high content, which comprises the step of (a) maintaining a starting food material containing glutathione in a ratio of 1% by weight or more based on the solid content at a temperature of 50 to 120°C and a pH of 1 to 7 in the presence of water, or (b) treating the food material with a γ -glutamylpeptide hydrolase at a temperature of 15 to 70°C and a pH of 3 to 9 in the presence of water, whereby a food material rich in cysteinylglycine is allowed to result, as well as a method for producing a food flavor (or savor) enhancer, which comprises the steps of (a) adding a sugar to cysteinylglycine or a food material containing cysteinylglycine in a ratio of 0.5% by weight or more based on the solid content, and (b) heating the resulting mixture at a temperature of 70 to 180°C for a period of 10 to 180 minutes in the presence of water, whereby a natural food material containing cysteinylglycine at a high content, and therefore, a food savor enhancer rich in cysteinylglycine, can be easily provided.



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