

Abstract

Title of Invention: FERMENTED MILK FOOD PRODUCT AND METHOD FOR PRODUCING SAME

Provided are a fermented milk food in a solid form, including viable cells of a fermentation microorganism and having a rapid melt-in-the-mouth property and a smooth texture, and a production method therefor. The fermented milk food in a solid form is obtained by cooling a water-in-oil emulsion to 10°C or less. The water-in-oil emulsion is one obtained by mixing an edible oil and fat having a melting point of from 30 to 40°C with fermented milk and/or natural cheese. The production method includes: a mixing step of mixing an edible oil and fat having a melting point of from 30 to 40°C whose temperature is adjusted within a range of from -2°C to +4°C with reference to the melting point with fermented milk and/or natural cheese to obtain a water-in-oil emulsion having a temperature within a range of from -2°C to +4°C with reference to the melting point of the edible oil and fat; and a cooling step of cooling the resultant water-in-oil emulsion to 10°C or less to obtain a fermented milk food.