

Abstract

[Problem] To provide an oil and/or fat that suppresses the occurrence of blooming and/or graining in chocolates. To provide an oil and/or fat that suppresses the occurrence of blooming and/or graining particularly in soft chocolate. To provide an oil and/or fat that suppresses the occurrence of blooming in chocolate without adversely affecting a melting texture in the mouth.

[Solution] An oil and/or fat for chocolate satisfying all of the following requirements (a) to (e):

(a) the content of trans fatty acids is 5 wt.% or less among all constituent fatty acids; (b) the content of saturated fatty acids having a chain length of 16 or more carbons is from 20 to 60 wt.% among all constituent fatty acids; (c) the content of CN38 to CN46 triglycerides is 40 wt.% or less among all triglycerides; (d) the content of SO₂ triglycerides is 40 wt.% or less among all triglycerides; and (e) the content of S₂O triglycerides is from 10 to 40 wt.% among all triglycerides. The term "CN38 to CN46 triglycerides" represents a triglyceride in which the total number of carbons in constituent fatty acids of the triglyceride in the oil and/or fat is from 38 to 46, and the SO₂ triglyceride represents a triglyceride in which one molecule of S (where S represents a saturated fatty acid having from 16 to 20 carbons; the same applies hereinafter) and two molecules of O (where O represents oleic acid; the same applies hereinafter) are bonded, and the S₂O triglyceride represents a triglyceride in which two molecules of S and one molecule of O are bonded.