Claims

[Claim 1]

A method for crystallizing a fat and/or oil, the method comprising:

preparing for crystallization by melting a raw material fat and/or oil comprising an SUS-type triglyceride, where S represents a saturated fatty acid having from 16 to 18 carbons, and U represents a monounsaturated fatty acid having 18 carbons, then cooling the melted raw material fat and/or oil and holding the melted raw material fat and/or oil at a temperature not lower than its melting point and not higher than its melting point plus 10°C, wherein a solid fat content of the fat and/or oil after preparing for crystallization is less than 2%; and

performing crystallization by cooling the resulting fat and/or oil to deposit crystals.

[Claim 2]

The method for crystallizing a fat and/or oil according to claim 1, wherein the step of preparing for crystallization is performed for 0.5 hours or more and 30 hours or less.

[Claim 3]

The method for crystallizing a fat and/or oil according to claim 1 or 2, wherein the step of preparing for crystallization is performed by stirring in a vessel, and the step of performing crystallization is performed by allowing to stand in a vessel.

[Claim 4]

The method for crystallizing a fat and/or oil according to any one of claims 1 to 3, wherein shea butter is used as the raw material fat and/or oil.

[Claim 5]

A method for crystallizing a fat and/or oil, wherein a crystal form of a crystal slurry obtained by the method for crystallizing a fat and/or oil described in any one of claims 1 to 4 is a β form.

[Claim 6]

A method for fractionating a fat and/or oil, the method obtaining a crystal part with an StOSt content of 40 mass% to 70 mass%, where St represents stearic acid and O represents oleic acid, from a crystal slurry obtained by the method for crystallizing a fat and/or oil described in any one of claims 1 to 5.