

ABSTRACT

Disclosed is a method for producing a bakery food, the method including preparing a bakery dough containing: an edible fat or oil composition including an edible fat or oil having a solid fat content at 20°C of equal to or less than 5%; and a component (A) satisfying condition (1) a starch content is equal to or more than 75% by mass, condition (2) a low molecular weight starch obtained from a starch having an amylose content of equal to or more than 5% by mass is included, a content of the low molecular weight starch being equal to or more than 3% by mass and equal to or less than 45% by mass, and the low molecular-weight starch has a peak molecular weight of equal to or more than 3×10^3 and equal to or less than 5×10^4 , condition (3) degree of swelling in cold water at 25°C is equal to or higher than 5 and equal to or lower than 20, and condition (4) a content of particles passing through a sieve having an opening of 0.5 mm and remaining on a sieve having an opening of 0.038 mm is equal to or more than 30% by mass and equal to or less than 100% by mass, in which in the preparing a bakery dough, the content of the component (A) in the bakery dough is equal to or more than 0.5% by mass and equal to or less than 30% by mass with respect to the total content of a powder raw material, and the content of the component (A) with respect to the content of the edible fat or oil composition in the bakery dough is equal to or more than 0.03 and equal to or less than 8.0 as a mass ratio.