

ABSTRACT

Provided are an oiliness/fattiness enhancer for foods in which oiliness/fattiness of a food can be enhanced, and a food in which oiliness/fattiness has been enhanced. Provided is an oiliness/fattiness enhancer for foods characterized by containing, as an active component, an oxidized oil/fat having a peroxide value of 20 or more to 400 or less and including milk fat in an amount of 10% by mass or more to 100% by mass or less. The oiliness/fattiness enhancer for foods preferably contains the oxidized oil/fat in an amount of 0.001% by mass or more to 100% by mass or less, preferably has anhydrous milk fat as the milk fat, preferably includes a pulverulent oil/fat containing the oxidized oil/fat and an excipient, and is preferably applied to a food having an oil/fat content of 0.1% by mass or more to 70% by mass or more. The food is preferably any one food selected from the group consisting of a dressing, a roux, and a soup.