CLAIMS

1. A method for producing a solid food having a solid form obtained by compression molding a food powder, the method comprising:

compression molding the food powder to form a compression molded body of the food powder; and

performing a hardening treatment on the compression molded body of the food powder,

wherein the hardening treatment comprises a humidification treatment and a drying treatment, and in the humidification treatment the compression molded body of the food powder is placed under an environment of a humidity of 100%RH or less and a temperature of higher than 100°C.

2. The method for producing a solid food according to claim 1, wherein

in the humidification treatment, the temperature is higher than 100°C and 330°C or lower.

3. The method for producing a solid food according to claim 1 or 2, wherein

in the humidification treatment, the temperature is 130°C or higher and 210°C or lower.

4. The method for producing a solid food according to any one of claims 1 to 3, wherein

in the humidification treatment, the humidity is 0.1%RH or more and 20%RH or less.

5. The method for producing a solid food according to any one of claims 1 to 4, wherein

in the humidification treatment, the humidity is 1%RH or more and 15%RH or less.

6. The method for producing a solid food according to any one of claims 1 to 5, wherein

in the drying treatment, the compression molded body of the food powder is placed under an environment of a humidity of 0%RH or more and 30%RH or less and a temperature of 80°C or higher and 330°C or lower.

7. A method for producing a solid milk having a solid form obtained by compression molding a powdered milk, the method comprising:

compression molding the powdered milk to form a compression molded body of the powdered milk; and

performing a hardening treatment on the compression molded body of the powdered milk,

wherein the hardening treatment comprises a humidification treatment and a drying treatment, and in the humification treatment the compression molded body of the powdered milk is placed under an environment of a humidity of 100%RH or less and a temperature of higher than 100°C.

8. The method for producing a solid milk according to claim 7, wherein

in the humidification treatment, the temperature is higher than 100°C and 330°C or lower.

9. The method for producing a solid milk according to claim 7 or 8, wherein

in the humidification treatment, the temperature is 130°C or higher and 210°C or lower.

10. The method for producing a solid milk according to any one of claims 7 to 9, wherein

in the humidification treatment, the humidity is 0.1%RH or more and 20%RH or less.

11. The method for producing a solid milk according to any one of claims 7 to 10, wherein

in the humidification treatment, the humidity is

1%RH or more and 15%RH or less.

12. The method for producing a solid milk according to any one of claims 7 to 11, wherein

in the drying treatment, the compression molded body of the powdered milk is placed under an environment of a humidity of 0%RH or more and 30%RH or less and a temperature of 80°C or higher and 330°C or lower.