

Abstract

An object of the present invention is to provide a method for producing instant Japanese noodles having a reduced amount of salt kneaded into the noodles, wherein the instant Japanese noodles are enhanced in salty taste. When the amount of salt kneaded into instant Japanese noodles is reduced, the instant Japanese noodles can be enhanced in salty taste by adding potassium lactate, granulated sugar, citric acid, and a kelp processed product and/or a dried bonito processed product, instead of salt, and thus instant Japanese noodles having favorable salty taste can be produced even if the amount of salt is reduced.

10 (No Fig.)