

ABSTRACT

[Problem] The purpose of the present invention is to provide: fermented milk which is reduced in the sourness coming from lactic acid and has a refreshing taste; and a method for producing the fermented milk.

[Solution] The present invention is essentially based on the finding that fermented milk that is reduced in the sourness coming from lactic acid and has a refreshing taste can be obtained by subjecting a fermentation starting material to lactic acid fermentation after adding a small amount of an acid component (an acidulant) that has a lower degree of sourness than lactic acid to the fermentation starting material. Specifically, 0.05-0.5% by weight (inclusive) of an acid component that has a lower degree of sourness than lactic acid is added to starting material milk when the total of the starting material milk and a lactic acid bacteria starter is taken as 100% by weight.