

ABSTRACT

A method for producing a bakery food, includes a step of preparing a bakery dough that contains, as raw materials, a powder raw material
5 containing defatted soybean flour, an edible oils and fats composition in which a solid fat content at 20°C is equal to or less than 10%, and water (excluding moisture in the powder raw material); and a step of baking or deep-frying the bakery dough, in which, in the step of preparing the bakery dough, an amount of the defatted
10 soybean flour blended in, and an amount of the edible oils and fats composition blended in with respect to a total amount of the water and the edible oils and fats composition blended in are respectively in specific ranges.