

SPECIFICATION

METHOD FOR PRODUCING BAKERY FOOD

5 TECHNICAL FIELD

[0001]

The present invention relates to a method for producing a bakery food.

10 BACKGROUND ART

[0002]

There are expectations on a technique of blending soybean flour in bakery foods from the viewpoint of consumers' needs for health-oriented food products in recent years, because soybean flour is a food material having a high protein content and nutritional value.

Techniques are disclosed in Patent Documents 1 to 3 as a technique of using soybean flour in a dough for bakery foods or baked confectionery.

Patent Document 1 (Japanese Laid-open Patent Publication No. 59-118034) describes a method for producing bakery products in which soy protein is mixed with an oily substance in a non-heating system in advance, and the mixture is used as an ingredient of a wheat flour dough as a technique for producing protein-rich bakery products in which loss of a volume of a loaf product and deterioration of appearance are more effectively reduced. Furthermore, Patent Document 1 describes that bread was produced by blending powdery isolated soy protein and shortening respectively in specific amounts.

[0003]

Patent Document 2 (Japanese Laid-open Patent Publication No. 2017-200452) describes that it is possible to provide a dough for baked confectionery containing soybean flour paste, and by using such
5 a dough, it is possible to obtain baked confectionery which has a better melting in the mouth texture even in a case where a soybean material is used, and which is not excessively browned and has the same brown color as that of baked confectionery of the related art in which a soybean material is not used. Patent Document 2 describes
10 that a soybean flour paste is a paste obtained by mixing soybean flour and water, and heating the mixture in the presence of a coagulant such as bittern to denature a soybean-derived protein and gelate it into a paste, or a paste obtained by crushing a tofu-like coagulated material into a paste form. Furthermore, Patent Document 2 describes
15 that a muffin was produced by blending soybean flour paste and salad oil in specific amounts.

[0004]

Patent Document 3 (Japanese Laid-open Patent Publication No. 8-266211) describes a bread quality improving agent in which edible
20 oils and fats contain at least glycerin fatty acid ester, and lecithin and a protein powder having a specific size are respectively contained in specific amounts. Furthermore, Patent Document 3 describes that a soy protein and rapeseed salad oil were respectively blended in specific amounts to prepare the bread quality improving agent.

25

RELATED DOCUMENT

PATENT DOCUMENT

[0005]

[Patent Document 1] Japanese Laid-open Patent Publication No.
S59-118034

[Patent Document 2] Japanese Laid-open Patent Publication No.
5 2017-200452

[Patent Document 3] Japanese Laid-open Patent Publication No.
H8-266211

SUMMARY OF THE INVENTION

10 TECHNICAL PROBLEM

[0006]

Among soybean flour, whole-fat soybean flour has a unique strong odor. In addition, although the odor has reduced to some extent in defatted soybean flour, it was not sufficient in some cases.

15 Meanwhile, it is preferable to use the defatted soybean flour from the viewpoint of effective utilization of by-products of soybean oil extraction and from the viewpoint of reduction of producing cost.

[0007]

However, when the inventors of the present invention conducted
20 examination regarding use of defatted soybean flour in bakery foods such as bread, there were cases in which, in addition to a sensation of the unique soybean odor mentioned above, a workability when preparing a bakery dough was not sufficient, a volume during baking was not sufficient, a flavor of bakery foods after baking was poor,
25 or a texture of bakery foods after baking was too heavy.

[0008]

Accordingly, the present invention provides a bakery food having

an excellent balance between the workability in preparing a dough and volume, flavor, and texture of the bakery food even in a case where it contains defatted soybean flour.

5 SOLUTION TO PROBLEM

[0009]

According to the present invention, there is provided a method for producing a bakery food, the method including:

a step of preparing a bakery dough that contains, as raw materials,
10 a powder raw material 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,
15 in which, in the step of preparing the bakery dough, an amount of the defatted soybean flour blended in the bakery dough is equal to or more than 7 mass% and equal to or less than 40 mass% with respect to a total amount of the powder raw material blended in the bakery dough, and

20 an amount of the edible oils and fats composition blended in is equal to or more than 0.070 and equal to or less than 0.30 in a mass ratio with respect to a total amount of the water and the edible oils and fats composition blended in.

[0010]

25 According to the present invention, there is provided a dough for a bakery food, the dough including:

a powder raw material 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),

in which a content of the defatted soybean flour in the powder raw material is equal to or more than 7 mass% and equal to or less than 40 mass% with respect to a total content of the powder raw material in the dough for a bakery food, and

a content of the edible oils and fats composition is equal to or more than 0.070 and equal to or less than 0.30 in a mass ratio with respect to a total content of the water and the edible oils and fats composition.

[0011]

Furthermore, according to the present invention, there is provided a method for producing the dough for a bakery food according to the present invention, the method including:

a step of kneading the defatted soybean flour and the edible oils and fats composition in the presence of a portion or whole amount of the water.

[0012]

Any combination of each of these configurations, and an aspect in which the expression of the present invention is converted between methods, devices, and the like are also effective as the aspects of the present invention.

For example, according to the present invention, a dough for a bakery food, and a bakery food, which are obtainable by the method of producing in the present invention, are provided.

ADVANTAGEOUS EFFECTS OF INVENTION

[0013]

As described above, according to the present invention, it is possible to obtain a bakery food having excellent balance between the workability in preparing a dough and the volume, flavor, and texture of the bakery food even in a case where it contains defatted soybean flour.

DESCRIPTION OF EMBODIMENTS

10 [0014]

Hereinafter, embodiments of the present invention will be described with reference to specific examples of each component. One kind of each component may be used alone or two or more kinds thereof may be used in combination.

15 [0015]

(Dough for bakery food)

In the present embodiment, a dough for a bakery food (hereinafter, also referred to as a "bakery dough") contains a powder raw material 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). In addition, in the bakery dough, a content of the defatted soybean flour in the powder raw material is equal to or more than 7 mass% and equal to or less than 40 mass% with respect to a total content of the powder raw material in the bakery dough, and a content of the edible oils and fats composition is equal to or more than 0.070 and equal to or less than 0.30 in a mass ratio with respect to a total

content of the water and the edible oils and fats composition.

Hereinafter, each ingredient which is a raw material of the bakery dough will be described.

[0016]

5 First, the powder raw material will be described. The powder raw material is a raw material that is blended into the bakery dough in a powder form. In the present embodiment, the powder raw material contains the defatted soybean flour.

In the powder raw material for the bakery dough, the defatted
10 soybean flour is powdery defatted soybean. The defatted soybeans are not limited, and it is possible to use defatted soybeans obtainable by producing edible oils and fats or the like from soybeans. A content of oils and fats in the defatted soybean flour is not limited, but it is preferably equal to or less than 10 mass%, more preferably equal
15 to or less than 4 mass%, even more preferably equal to or less than 2 mass%, and still more preferably equal to or less than 1.5 mass%, with respect to a total content of the defatted soybean flour. In a case where the defatted soybean flour contains oils and fats, a lower limit of a content of the oils and fats is not limited, but
20 it may be, for example, equal to or more than 0.01 mass% with respect to a total content of the defatted soybean flour.

[0017]

A content of the defatted soybean flour in the bakery dough is preferably equal to or more than 5 mass%, and more preferably equal
25 to or more than 7 mass%, with respect to a total content of the bakery dough from the viewpoint of reducing a dryness of the bakery food.

Furthermore, from the viewpoint of reducing soybean odor, a

content of the defatted soybean flour in the bakery dough is preferably equal to or less than 20 mass%, more preferably equal to or less than 18 mass%, and even more preferably equal to or less than 15 mass%, with respect to a total content of the bakery dough.

5 [0018]

In addition, a content of the defatted soybean flour in the powder raw material is equal to or more than 7 mass%, is preferably equal to or more than 8 mass%, and is more preferably equal to or more than 12 mass%, with respect to a total content of the powder raw material
10 in the bakery dough from the viewpoint of reducing the dryness of the bakery food. Furthermore, from the viewpoint of reducing soybean odor, a content of the defatted soybean flour in the powder raw material is equal to or less than 40 mass%, is preferably equal to or less than 35 mass%, and is more preferably equal to or less than
15 32 mass%.

[0019]

In the present embodiment, the edible oils and fats composition contains edible oils and fats. Specific examples of edible oils and fats include vegetable oils and fats such as soybean oil, rapeseed
20 oil, palm oil, corn oil, olive oil, sesame oil, safflower oil, sunflower oil, cottonseed oil, rice oil, peanut oil, palm kernel oil, and coconut oil; animal fats such as beef tallow and lard; and processed oils and fats obtainable by subjecting the above-mentioned oils and fats to fractionation, hydrogenation, transesterification,
25 or the like. Edible oils and fats preferably include vegetable oils and fats, more preferably include one or two or more vegetable oils or fats selected from the group consisting of soybean oil, rapeseed

oil, corn oil, and olive oil, and even more preferably include one or two or more vegetable oils or fats selected from the group consisting of soybean oil, rapeseed oil, and olive oil.

In the present embodiment, in a case where the edible oils and fats composition contains vegetable oils and fats, a lower limit of a content of the vegetable oils and fats is preferably equal to or more than 50 mass%, more preferably equal to or more than 80 mass%, and even more preferably equal to or more than 90 mass%. In addition, an upper limit of a content of the vegetable oils and fats in the edible oils and fats composition is, for example, equal to or less than 100 mass%.

[0020]

Furthermore, in the present embodiment, an upper limit of a solid fat content (SFC) at 20°C of the edible oils and fats composition is equal to or less than 10%, is preferably equal to or less than 8.0%, is more preferably equal to or less than 6.0%, is even more preferably equal to or less than 4.0%, is still more preferably equal to or less than 2.0%, and is further more preferably 0%, from the viewpoint of improving volume of the bakery food and from the viewpoint of reducing the dryness of the bakery food. In addition, in a case where the edible oils and fats composition contains solid fats, a lower limit of the solid fat content at 20°C may be, for example, equal to or more than 0.01%.

In the present specification, a solid fat content of the edible oils and fats composition is a solid fat content of an oil layer in a case where the edible oils and fats composition is an emulsion.

[0021]

Furthermore, in the present embodiment, an upper limit of a solid fat content at 10°C of the edible oils and fats composition is preferably equal to or less than 15%, is more preferably equal to or less than 10%, is even more preferably equal to or less than 8%,
5 is still more preferably equal to or less than 4%, and is further more preferably equal to or less than 0%, from the viewpoint of improving volume of the bakery food and from the viewpoint of reducing the dryness of the bakery food. Furthermore, a lower limit of the solid fat content at 10°C of the edible oils and fats composition
10 may be, for example, equal to or more than 0%.

[0022]

In addition, a solid fat content of the edible oils and fats composition can be measured by a method of AOCS Official Method Cd 16b-93.

15 [0023]

In the present embodiment, a lower limit of a content of the edible oils and fats in the edible oils and fats composition is preferably equal to or more than 50 mass%, more preferably equal to or more than 70 mass%, even more preferably equal to or more than
20 80 mass%, still more preferably equal to or more than 90 mass%, and further more preferably 100 mass%, with respect to a total content of the edible oils and fats composition, from the viewpoint of improving a balance between workability in preparing a dough and volume, flavor, and texture of the bakery food.

25 Furthermore, from the same viewpoint, an upper limit of a content of the edible oils and fats in the edible oils and fats composition may be, for example, equal to or less than 100 mass% with respect

to a total content of the edible oils and fats composition.

Furthermore, the edible oils and fats composition may be composed of, for example, edible oils and fats.

[0024]

5 In the present embodiment, the edible oils and fats composition may contain an ingredient other than the edible oils and fats depending on the type of bakery food, and the like, and specific examples of such an ingredient include emulsifiers, flavors, colorants, and the like. Furthermore, the edible oils and fats composition may contain
10 water, but a content of the water in the edible oils and fats composition is preferably equal to or less than 1 mass%. The edible oils and fats composition more preferably does not substantially contain water.

[0025]

15 A content of the edible oils and fats composition in the bakery dough is preferably equal to or more than 3.0 mass%, and more preferably equal to or more than 3.5 mass%, with respect to a total content of the bakery dough from the viewpoint of improving texture of the bakery food.

20 Furthermore, from the viewpoint of improving workability, a content of the edible oils and fats composition in the bakery dough is preferably equal to or less than 14 mass%, and more preferably equal to or less than 12 mass%, with respect to a total content of the bakery dough.

25 [0026]

A content of the edible oils and fats composition with respect to an amount of the defatted soybean flour blended in is preferably

equal to or more than 0.28, more preferably equal to or more than 0.30, and even more preferably equal to or more than 0.40 in a mass ratio (edible oils and fats composition/defatted soybean flour) from the viewpoint of improving texture of the bakery food. Furthermore, from the viewpoint of improving workability, the above-mentioned mass ratio is preferably equal to or less than 1.3, more preferably equal to or less than 1.2, even more preferably equal to or less than 1.0, and still more preferably equal to or less than 0.8.

[0027]

The bakery dough contains water as a raw material. The water referred to herein also includes moisture of liquids used in place of water, such as milk, soy milk, and fruit juice. However, the water does not include moisture in the powder raw material. On the other hand, in a case where the above-described edible oils and fats composition, and a non-powder raw material other than the edible oils and fats composition, such as vinegar, egg, and compressed yeast contains moisture, this moisture is contained in the water as a raw material.

[0028]

From the viewpoint of improving texture and workability, a content of the water in the bakery dough is preferably equal to or more than 26 mass%, and more preferably equal to or more than 31 mass% with respect to a total content of the bakery dough. Furthermore, from the same viewpoint, a content of the water in the bakery dough is preferably equal to or less than 40 mass%, and more preferably equal to or less than 38 mass%, with respect to a total content of the bakery dough.

[0029]

Furthermore, a content of the edible oils and fats composition in the bakery dough with respect to a total content of the water and the edible oils and fats composition is equal to or more than 0.070, is preferably equal to or more than 0.080, and is more preferably equal to or more than 0.10 in a mass ratio (edible oils and fats composition/(water + edible oils and fats composition)) from the viewpoint that an inner layer of the bakery food has preferably fineness texture. Furthermore, the above-mentioned mass ratio is equal to or less than 0.30, is preferably equal to or less than 0.28, and is more preferably equal to or less than 0.25 from the viewpoint that workability is improved and appearance of the bakery food is preferable.

[0030]

The bakery dough may contain ingredients other than the above-mentioned ingredients as raw materials.

For example, the bakery dough contains powder raw materials other than the defatted soybean flour. Specific examples of powder raw materials other than defatted soybean flour include cereal flour such as wheat flour, rice flour, and rye flour; starch such as corn starch, esterified starch, etherified starch, pregelatinized starch, and resistant starch; sugars such as superfine sugar and sweeteners; milk such as skimmed milk powder, whole milk powder, and cheese powder; common salts; dietary fibers such as bran, cellulose, and indigestible dextrin; eggs such as egg white powder and whole egg powder; thickening polysaccharides such as guar gum and alginates; emulsifiers; wheat gluten; bread quality improvers; flavor

improvers; and the like.

The bakery dough preferably further contains, as a powder raw material, one or two kinds of cereal flour selected from wheat flour and rice flour, more preferably further contains wheat flour, and even more preferably further contains hard flour. In this case, a content of the cereal flour in the powder raw material is preferably equal to or more than 35 mass%, and more preferably equal to or more than 40 mass% with respect to a total content of the powder raw material from the viewpoint of volume, texture, and flavor of the bakery food. Furthermore, from the viewpoint of reducing the dryness of the bakery food, a content of the cereal flour in the powder raw material is preferably equal to or less than 85 mass%, and more preferably equal to or less than 80 mass% with respect to a total content of the powder raw material.

[0031]

In a case where the bakery dough further contains one or two kinds of cereal flour selected from wheat flour and rice flour, an amount of the defatted soybean flour blended in is preferably equal to or more than 8 mass%, more preferably equal to or more than 10 mass%, and even more preferably equal to or more than 12 mass% in a mass ratio (defatted soybean flour/(cereal flour + defatted soybean flour)) with respect to a total amount of the cereal flour and the defatted soybean flour blended in, from the viewpoint of reducing the dryness of the bakery food. Furthermore, the above-mentioned mass ratio is preferably equal to or less than 50 mass%, and more preferably equal to or less than 45 mass% from the viewpoint of improving volume, texture, and flavor of the bakery food.

[0032]

In addition, the bakery dough preferably further contains resistant starch (RS) as a raw material.

The resistant starch is a starch that is indigestible in vivo
5 and is classified into the following RS1 to RS4 (Japanese Laid-open Patent Publication No. 2017-23048).

RS1: A starch showing digestion resistance due to physical inability of digestive enzymes.

RS2: A starch showing digestion resistance due to a crystal
10 structure of starch granules.

RS3: A starch showing digestion resistance because a structure thereof has changed to a structure in which digestive enzymes are unlikely to act due to aging of the starch.

RS4: A starch showing digestion resistance because a starch has
15 been highly chemically modified.

In the present embodiment, the resistant starch contains one or two or more kinds selected from the RS1 to RS4, and it preferably contains one or two kinds selected from the RS2 and RS4 from the viewpoint of reducing soybean odor.

20 [0033]

A content of the resistant starch in the bakery dough is preferably equal to or more than 1 mass%, more preferably equal to or more than 2 mass%, and even more preferably equal to or more than 3 mass% with respect to a total content of the bakery dough from the
25 viewpoint of reducing soybean odor. Furthermore, a content of the resistant starch in the bakery dough is preferably equal to or less than 25 mass%, more preferably equal to or less than 20 mass%, and

even more preferably equal to or less than 15 mass%, with respect to a total content of the bakery dough from the viewpoint of improving volume of the bakery food.

[0034]

5 In addition, the bakery dough may include oil and fat products other than the edible oils and fats composition according to the above-described present embodiment as a raw material. Specific examples of such oil and fat products include butter, shortening, margarine, and the like, which are commonly used in a bakery dough.

10 [0035]

Next, a method for producing a bakery dough will be described.

In the present embodiment, from the viewpoint of improving workability, the method for producing a bakery dough preferably includes a step of kneading the powder raw material and the edible
15 oils and fats composition in the presence of a portion or whole amount of the water.

[0036]

The method of preparing a dough may be a generally used method, and in a case of a bread dough, examples thereof include a direct
20 kneading method (straight method), a sponge and dough method, a partial fermentation method, a sweetened sponge and dough method, a Poolish method (also known as Pâte fermentée, liquid pre-ferment or liquid sponge), a no-time method, and the like.

In a case where there are two kinds of dough of a sponge dough
25 and a main kneaded dough as in a sponge and dough method, the defatted soybean flour, the edible oils and fats composition, and the water may be blended in either or both of the sponge dough and the main

kneaded dough, but it is preferable to blend these in the main kneaded dough.

In addition, the prepared dough may be frozen and stored as a frozen dough.

5 [0037]

Furthermore, in the method for producing a bakery dough, in a case where an oil and fat product other than the edible oils and fats composition in the present embodiment is blended in, this product may be added in any step, but the product is preferably added in a
10 step after the above-described step of kneading the powder raw material and the edible oils and fats composition in the presence of a portion or whole amount of the water.

[0038]

The bakery dough thus prepared is subjected to a step of baking
15 or deep-frying, preferably a step of baking, and thereby it is possible to obtain the bakery food.

[0039]

(Bakery food)

In the present embodiment, the bakery food can be obtained using
20 the above-described bakery dough.

That is, in the present embodiment, a method for producing a bakery food includes a step of preparing a bakery dough that contains, as raw materials, a powder raw material containing defatted soybean flour, an edible oils and fats composition in which a solid fat content
25 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 obtained bakery dough.

In addition, in the step of preparing the bakery dough, an amount of the defatted soybean flour blended in the powder raw material is equal to or more than 7 mass% and equal to or less than 40 mass% with respect to a total amount of the powder raw material in the bakery dough, and an amount of the edible oils and fats composition blended in is equal to or more than 0.070 and equal to or less than 0.30 in a mass ratio with respect to a total amount of the water and the edible oils and fats composition blended in.

[0040]

Furthermore, the step of preparing the bakery dough can be specifically the above-described method for producing a dough for a bakery food.

For example, in the step of preparing a bakery dough, an amount of the defatted soybean flour blended in the powder raw material, an amount of the defatted soybean flour blended in the bakery dough, an amount of the solid fat content at 20°C or 10°C of the edible oils and fats composition, an amount of the edible oils and fats composition blended in the bakery dough, an amount of the edible oils and fats composition blended in with respect to an amount of the defatted 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 as described above.

Furthermore, regarding other ingredients in the bakery dough, for example, in the above-mentioned step of preparing the bakery dough, the type of cereal flour and an amount thereof blended in the powder raw material, an amount of the defatted soybean flour blended in with

respect to a total amount of the cereal flour and the defatted soybean flour blended in, and the type of the resistant starch and an amount thereof blended in are respectively as described above for the bakery dough.

5 [0041]

Furthermore, the step of preparing the bakery dough includes the step of kneading the defatted soybean flour and the edible oils and fats composition in the presence of a portion or whole amount of the water, from the viewpoint of improving workability.

10 [0042]

Furthermore, a raw material preferably contains yeast in the step of preparing the bakery dough from the viewpoint of improving a balance between volume, texture, and flavor of the bakery food. In this case, the method for producing a bakery food preferably
15 includes a fermentation step for a dough after the step of preparing the bakery dough and before the step of baking or deep-frying the bakery dough.

[0043]

Examples of bakery foods obtainable in the present embodiment
20 include yeast fermented food products such as bread, pizza, and yeast doughnuts; and baked confectionery not containing yeast such as pound cakes, sponge cakes, madeleines, financiers, chiffon cakes, and pancakes. The bakery food is preferably an yeast fermented food product, and is more preferably one kind selected from the group
25 consisting of bread, pizza, and doughnuts.

[Examples]

[0044]

Examples of the present invention will be shown below, but the gist of the present invention is not limited thereto.

[0045]

(Raw materials)

5 In the following examples, the following raw materials were mainly used.

○ Soybean flour

Defatted soybean flour: "Milky S," manufactured by J-Oil Mills, INC., 1 mass% of oil content

10 Whole-fat soybean flour: "Eslipo," manufactured by J-Oil Mills, INC., 20 mass% of oil content

○ Cereal flour

Hard flour: "Camellia" manufactured by Nisshin Seifun Group Inc.

15 Rice flour: "Kumamoto Prefecture rice (Mizuho Chikara) rice flour for bread" manufactured by Kumamoto Flour Milling Co., Ltd.

○ Edible oils and fats composition (in each case, a water content is less than 1 mass%)

Rapeseed oil: "AJINOMOTO Sara Sara Canola Oil" manufactured by J-Oil Mills, INC.

20 Edible oils and fats composition 1: "S Special" manufactured by J-Oil Mills, INC.

Edible oils and fats composition 2: "S Special 100" manufactured by J-Oil Mills, INC.

25 Olive oil: "Extra Virgin Olive Oil for Bakery" manufactured by J-Oil Mills, INC.

Soybean oil: J-Oil Mills, INC.

○ Starch

Resistant starch 1 (RS4): "NOVELOSE W," manufactured by
Ingredion Japan K.K.

Resistant starch 2 (RS2): "AMYLOFIBER SH", manufactured by J-Oil
Mills, INC.

5 ○ Oil and fat products

Shortening: "Facier" manufactured by J-Oil Mills, INC. (water
content: equal to or less than 0.1 mass%)

Margarine: "Grandmaster PRIMERAN" manufactured by J-Oil Mills,
INC. (SFC at 20°C: 17.9%, water content: 15.9 mass%)

10 Sheet margarine: "Grandmaster PRIMERAN Sheet" manufactured by
J-Oil Mills, INC. (SFC at 20°C: 35%, water content: 16.2 mass%)

○ Others

Gluten: "Wheat Gluten" manufactured by NIPPON FLOUR MILLS Co.,
Ltd.

15 Semi-dry yeast: "Saf-semi-dry yeast," manufactured by Lesaffre
Raw yeast: "FD-1 yeast," manufactured by Oriental Yeast Co.,
Ltd. (water content: 68.1 mass%)

Bread quality improver 1: "C Oriental Food," manufactured by
Oriental Yeast Co., Ltd.

20 Bread quality improver 2: "Prima Pane," manufactured by Puratos
Vinegar: "Mizkan grain vinegar," manufactured by Mizkan Co.,
Ltd. (water content: 95.8 mass%)

Egg: Whole egg (water content: 76.1 mass%)

Gum: "Guapac PF-20," manufactured by DSP Gokyo Food & Chemical
25 Co., Ltd.

[0046]

In addition, the types of edible oils and fats composition and

oil and fat products, and an SFC at each temperature are shown below. A solid fat content (SFC) (%) of oils and fats was measured by the following method according to AOCS Official Method Cd 16b-93.

(Method of measuring SFC)

5 A glass tube for NMR was quantitatively filled with an edible oils and fats composition which was kept at 60°C for 1 hour in a liquid state, and kept warm in a constant-temperature tank at 60°C for 30 minutes. After keeping the tube at 0°C for 1 hour, a solid fat content (SFC) (%) was measured using an NMR analyzer (the minispec,
10 manufactured by mq 20 NMR Analyzer BRUKER) 30 minutes after the composition was transferred to a constant-temperature tank of which a temperature was controlled to a measurement temperature.

For margarine and sheet margarine, the edible oils and fats composition was melted, thereafter, an oil layer was separated, and
15 the obtained oil layer was used for the measurement in the above procedure.

[0047]

	<u>Types of oils and fats</u>	<u>SFC (%) at 20°C</u>	<u>SFC (%) at 10°C</u>
	Rapeseed oil	0	0
20	Shortening	25	44
	Edible oils and fats composition 1	6	13
	Edible oils and fats composition 2	6	8
	Olive oil	0	0
	Soybean oil	0	0

25 [0048]

(Production of bakery food)

A method for producing double loaf type bread and single loaf

type bread in examples and comparative examples is shown below.

(Production of double loaf type bread)

The raw materials excluding the shortening were put in a mixer bowl and mixed with a bread mixer (VM-2 manufactured by OSHIKIRI
5 MACHINERY LTD.). Kneading was performed with a hook under mixing conditions of 1st gear for 3 minutes, 2nd gear for 4 minutes, and 3rd gear for 1 minute, and then shortening was put. Kneading was further performed at 1st gear for 2 minutes, 2nd gear for 3 minutes, and 3rd gear for 5 to 9 minutes.

10 After mixing, the dough was taken out from the mixer and fermented at 28°C for 60 minutes.

The dough was divided into 200 g, rolled, and allowed to rest for 20 minutes, and then passed through a moulder to put four doughs in a double loaf form.

15 The formed dough was fermented in a proof at 38°C and 85% relative humidity for 50 minutes.

After the fermentation, the fermented dough was baked at 200°C for 40 minutes.

After the baking, the baked bread was cooled down at room
20 temperature (20°C).

[0049]

(Production of single loaf type bread)

The dough produced in the same manner as the double loaf type bread was divided into 200 g, rolled, and allowed to rest for 20 minutes,
25 and then passed through a moulder to put two doughs in a double loaf form.

The formed dough was fermented in a proof at 38°C and 85% relative

humidity for 50 minutes.

After the fermentation, the fermented dough was baked at 190°C for 38 minutes.

After the baking, the baked bread was cooled down at room
5 temperature (20°C).

[0050]

(Evaluation method)

In the following, an appearance (volume), an inner layer, a
texture (lightness/elasticity, dryness, oiliness), and a flavor
10 (unpleasant soybean odor, taste) of the breads produced in each of
the examples were evaluated. Stickiness and extensibility were
evaluated during work (at the time of mixing, dividing, and forming).
The evaluation criteria are shown below.

[0051]

15 (Workability)

Each of the stickiness and the extensibility during the
preparation of the dough was evaluated on a scale of 5 based on the
following criteria by judgement of two workers, in which 3 point and
higher point were regarded as a pass.

20 (Stickiness)

5: No stickiness

4: Almost no stickiness

3: A little bit of stickiness but not regarded as a problem in
working

25 2: Slight stickiness and there was difficulty in working

1: Significant stickiness and there was difficulty in working

(Extensibility)

5: Excellent extensibility

4: Very favorable extensibility

3: Favorable extensibility

2: Slightly poor extensibility

5 1: Poor extensibility

[0052]

(Appearance)

A height (mm) of volume at a highest portion of each of the baked double loaf type bread, the baked single loaf type bread, and the baked rice flour bread was measured, and an average value thereof was evaluated according to the criteria of Table 1. However, the doughnuts and Danish pastry were evaluated according to the criteria in Table 2 by judgement of five expert panelists. 3 point and higher point were regarded as a pass.

15 [0053]

[Table 1]

Score point	Double loaf type bread	Single loaf type bread	Rice flour bread
5	Equal to or more than 115 mm	Equal to or more than 110 mm	Equal to or more than 100 mm
4	Equal to or more than 110 mm and less than 115 mm	Equal to or more than 105 mm and less than 110 mm	Equal to or more than 95 mm and less than 100 mm
3	Equal to or more than 105 mm and less than 110 mm	Equal to or more than 100 mm and less than 105 mm	Equal to or more than 90 mm and less than 95 mm
2	Equal to or more than 100 mm and less than 105 mm	Equal to or more than 95 mm and less than 100 mm	Equal to or more than 85 mm and less than 90 mm
1	Less than 100 mm	Less than 95 mm	Less than 85 mm

[Table 2]

Score point	Doughnut and Danish pastry
5	Suitable volume
4	Moderate volume
3	Slightly small volume
2	Poor volume

1	Very poor volume
---	------------------

[0054]

(Inner layer)

The preference of the inner layer of the baked bread was evaluated according to the following criteria by judgement of five expert panelists. 3 point and higher point were regarded as a pass.

5 5: Very preferable (air bubbles extended very vertically and were very finely aligned)

4: Preferable (air bubbles extended vertically and were finely aligned)

10 3: Slightly preferable (air bubbles extended slightly vertically and were slightly finely aligned)

2: Not so preferable (air bubbles extended not so vertically and were slightly clogged, or there were large and coarse air bubbles)

15 1: Not preferable (air bubbles were round, did not extend vertically, were clogged, or there were many large and coarse air bubbles)

[0055]

(Texture)

Texture of the baked bread was evaluated for each of items of lightness/elasticity, dryness, and oiliness according to the following criteria by judgement of five expert panelists. In all criteria, 3 point and higher point were regarded as a pass.

(Lightness/elasticity)

5: Very favorable elasticity and lightness

25 4: Favorable elasticity and lightness

3: There was some elasticity and lightness.

2: There was a sensation of stickiness and tightness.

1: There was a strong sensation of steamed bread-like stickiness and tightness.

(Dryness)

5 5: Very favorable moistness

4: Favorable moistness

3: Slight moistness

2: Slight dryness

1: Strong dryness

10 (Oiliness)

5: No sensation of oiliness

4: Almost no sensation of oiliness

3: Slight sensation of oiliness

2: Slightly oily

15 1: Very oily

[0056]

(Flavor)

Flavor of the baked bread was evaluated for each of items of unpleasant soybean odor and taste according to the following criteria
20 by judgement of five expert panelists. In all criteria, 3 point and higher point were regarded as a pass.

(Unpleasant soybean odor)

5: No unpleasant odor

4: Little unpleasant odor

25 3: Slightly unpleasant odor

2: Unpleasant odor

1: Strong unpleasant odor and enabled to eat

(Taste as bread)

5: Very favorable taste

4: Very slightly weak taste but favorable taste

3: Slightly weak taste but favorable taste

5 2: Weak taste or strange taste

1: Lack of taste, very weak taste and bad taste, or a strong level of strange taste

[0057]

(Example 1 and Comparative Examples 1 and 2)

10 Using the defatted soybean flour or the whole-fat soybean flour as the soybean flour, a double loaf type bread was produced and evaluated by the method described above. In Example 1 and Comparative Example 2, an edible oils and fats composition composed of rapeseed oil was used. In Comparative Example 2, a total amount of the oils
15 and fats composition blended with an oil content originally contained in the whole-fat soybean flour was adjusted to be substantially the same as the edible oils and fats composition blended in Example 1.

Table 3 shows blending of the raw materials, a blending ratio of the ingredients, and evaluation results in each of the examples.

20 [0058]

[Table 3]

Raw material (part by mass)	0: Powder raw material	Type of raw material	Raw material name	Comparative Example 1	Example 1	Comparative Example 2
	0	Cereal flour	Hard flour	70	70	70
	0	Soybean flour	Defatted soybean flour		24	
	0	Soybean flour	Whole-fat soybean flour	30		30
	0		Gluten	10	10	10
	0		Bread quality improver 1	0.1	0.1	0.1
	0		Superfine sugar	6	6	6
	0		Common salt	2	2	2
		Edible oils and fats composition	Rapeseed oil		10	4

	0		Semi-dry yeast	1.2	1.2	1.2
			Vinegar	2	2	2
			Water	75	77	75
		Oil and fat product	Shortening	5	5	5
Blending ratio	Edible oils and fats composition/defatted soybean flour (mass ratio)			-	0.42	-
	Edible oils and fats composition/(water + edible oils and fats composition) (mass ratio)			0.000	0.11	0.049
	Defatted soybean flour/(cereal flour + defatted soybean flour) (mass%)			-	25.5	-
	Defatted soybean flour/powder raw material (mass%)			-	21.2	-
	Cereal flour/powder raw material (mass%)			58.7	61.8	58.7
	Defatted soybean flour/dough (mass%)			-	11.6	-
	Edible oils and fats composition/dough (mass%)			0.0	4.8	1.9
Evaluation result	Workability	Stickiness		1	5	1
		Extensibility		4	4	3
	Appearance and inner layer	Inner layer		5	4	5
		Bread height (mm)		135	115	130
		Appearance		5	5	5
	Texture and flavor	Lightness/elasticity		5	3	5
		Dryness		4	4	4
		Oiliness		5	5	2
		Unpleasant soybean odor		1	3	1
		Taste		1	4	1

[0059]

Based on Table 3, the dough of Example 1 was excellent from the viewpoint of stickiness during working and extensibility. In addition, although the unpleasant soybean odor was slightly felt,

5 the dryness was reduced and there was moistness, and a taste as bread was favorable. On the other hand, in Comparative Example 1, stickiness during working and unpleasant soybean odor were severe. When a total amount of the oils and fats composition blended with an oil content contained in the whole-fat soybean flour as in

10 Comparative Example 2 was adjusted to be substantially the same as the edible oils and fats composition blended in Example 1, oiliness was felt, and workability and unpleasant soybean odor were not improved.

[0060]

(Examples 2 to 5, and Comparative Examples 3 and 4)

Using the edible oils and fats composition composed of defatted soybean flour and rapeseed oil, double loaf type bread was produced and evaluated by the method described above. Table 4 shows blending of the raw materials, a blending ratio of the ingredients, and evaluation results in each of the examples. Table 4 also collectively shows Example 1 described above.

[Table 4]

O: Powder raw material	Type of raw material	Raw material name	Comparative Example 3	Example 2	Example 1	Example 3	Example 4	Example 5	Comparative Example 4
Raw material (part by mass)	Cereal flour	Hard flour	70	70	70	76	76	76	76
		Defatted soybean flour	24	24	24	24	24	24	24
	Soybean flour	Gluten	10	10	10	10	10	10	10
		Bread quality improver 1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
	Edible oils and fats composition	Superfine sugar	6	6	6	6	6	6	6
		Common salt	2	2	2	2	2	2	2
		Rapeseed oil	6	8	10	12	17	24	33.6
		Semi-dry yeast	1.2	1.2	1.2	1.2	1.2	1.2	1.2
	Oil and fat product	Vinegar	2	2	2	2	2	2	2
		Water	81	82	77	82	77	70	62
Blending ratio	Edible oils and fats composition/defatted soybean flour (mass ratio)	Shortening	5	5	5	5	5	5	5
		Edible oils and fats composition/(water + edible oils and fats composition) (mass ratio)	0.25	0.33	0.42	0.5	0.71	1.0	1.4
	Edible oils and fats composition/(water + edible oils and fats composition) (mass ratio)		0.067	0.087	0.11	0.13	0.18	0.25	0.34
		Defatted soybean flour/(cereal flour + defatted soybean flour) (mass%)	25.5	25.5	25.5	24.0	24.0	24.0	24.0
	Cereal flour/powder raw material (mass%)	Defatted soybean flour/powder raw material (mass%)	21.2	21.2	21.2	20.1	20.1	20.1	20.1
		Cereal flour/powder raw material (mass%)	61.8	61.8	61.8	63.7	63.7	63.7	63.7
	Edible oils and fats composition/dough (mass%)	Defatted soybean flour/dough (mass%)	11.6	11.4	11.6	10.9	10.9	10.9	10.8
		Edible oils and fats composition/dough (mass%)	2.9	3.8	4.8	5.4	7.7	10.9	15.1
	Workability	Stickiness	5	5	5	5	5	4	1
		Extensibility	4	4	4	5	4	4	4
Evaluation result	Appearance and inner layer	Inner layer	3	3	4	5	4	4	3
		Bread height (mm)	110	115	115	120	115	105	100
		Appearance	4	5	5	5	5	3	2
		Lightness/elasticity	1	3	3	5	5	5	4
	Texture and flavor	Dryness	2	3	4	5	5	5	5
		Oiliness	5	5	5	5	5	3	2
		Unpleasant soybean odor	3	3	3	4	4	4	4
		Taste	3	3	4	5	5	5	5

[0062]

Based on Table 4, when the edible oils and fats composition was blended in such that a mass ratio of (edible oils and fats composition/defatted soybean flour) was equal to or more than 0.33 and equal to or less than 1.0, the evaluation was favorable because there was almost no stickiness during working, and when a mass ratio was equal to or more than 0.33 and equal to or less than 0.71, the evaluation was further favorable because there was no stickiness. Regarding the preference of the inner layer, when a mass ratio of (edible oils and fats composition/defatted soybean flour) was equal to or more than 0.42 and equal to or less than 1.0, the evaluation was preferable, and when a mass ratio was 0.50, the evaluation was very preferable. Regarding the appearance, when a mass ratio (edible oils and fats composition/defatted soybean flour) was equal to or more than 0.33 and equal to or less than 0.71, it was favorable because a height was high and volume was the best.

Regarding the lightness/elasticity among texture, when a mass ratio of (edible oils and fats composition/defatted soybean flour) was equal to or more than 0.33, there was slight elasticity and lightness, and when a mass ratio was equal to or more than 0.50 and equal to or less than 1.0, there was very favorable elasticity and lightness. Regarding the dryness, when a mass ratio was equal to or more than 0.33, there was slight moistness, when a mass ratio was equal to or more than 0.42, there was moistness, and when a mass ratio was equal to or more than 0.50, there was very favorable moistness.

Regarding the flavor and the oiliness, when a mass ratio of (edible oils and fats composition/defatted soybean flour) was equal

to or less than 1.0, little oiliness was felt, and when a mass ratio was equal to or less than 0.71, oiliness was not felt. Regarding the unpleasant soybean odor, when a mass ratio of (edible oils and fats composition/defatted soybean flour) was equal to or more than 0.50, almost no unpleasant odor was felt. Regarding the taste, when a mass ratio of (edible oils and fats composition/defatted soybean flour) was equal to or more than 0.42, the taste was slightly weak but favorable, and when a mass ratio was equal to or more than 0.50, the taste was very favorable.

10 [0063]

In addition, based on Table 4, when the edible oils and fats composition was blended in such that a mass ratio of (edible oils and fats composition/(water + edible oils and fats composition)) was equal to or more than 0.087 and equal to or less than 0.25, the evaluation was favorable because there was almost no stickiness during working, and when a mass ratio was equal to or more than 0.087 and equal to or less than 0.18, the evaluation was further favorable because there was no stickiness. Regarding the preference of the inner layer, when a mass ratio of (edible oils and fats composition/(water + edible oils and fats composition)) was equal to or more than 0.11 and equal to or less than 0.25, the evaluation was preferable, and when a mass ratio was 0.13, the evaluation was very preferable. Regarding the appearance, when a mass ratio (edible oils and fats composition/(water + edible oils and fats composition)) was equal to or more than 0.087 and equal to or less than 0.18, it was favorable because a height was high and volume was the best.

Regarding the lightness/elasticity among texture, when a mass

ratio of (edible oils and fats composition/(water + edible oils and fats composition)) was equal to or more than 0.087, there was slight elasticity and lightness, and when a mass ratio was equal to or more than 0.13 and equal to or less than 0.25, there was very favorable elasticity and lightness. Regarding the dryness, when a mass ratio of (edible oils and fats composition/(water + edible oils and fats composition)) was equal to or more than 0.087, there was slight moistness, when a mass ratio was equal to or more than 0.11, there was moistness, and when a mass ratio was equal to or more than 0.13, there was very favorable moistness.

Regarding the flavor and the oiliness, when a mass ratio of (edible oils and fats composition/(water + edible oils and fats composition)) was equal to or less than 0.25, little oiliness was felt, and when a mass ratio was equal to or less than 0.18, oiliness was not felt. Regarding the unpleasant soybean odor, when a mass ratio of (edible oils and fats composition/(water + edible oils and fats composition)) was equal to or more than 0.13, almost no unpleasant odor was felt. Regarding the taste, when a mass ratio of (edible oils and fats composition/(water + edible oils and fats composition)) was equal to or more than 0.11, the taste was slightly weak but favorable, and when a mass ratio was equal to or more than 0.13, the taste was very favorable.

[0064]

(Example 6 and Comparative Example 5)

Using the edible oils and fats composition composed of defatted soybean flour and rapeseed oil, double loaf type bread was produced and evaluated by the method described above. Table 5 shows blending

of the raw materials, a blending ratio of the ingredients, and evaluation results in each of the examples. Table 5 also collectively shows Examples 1 and 3 described above.

[0065]

5 [Table 5]

Raw material (part by mass)	O: Powder raw material	Type of raw material	Raw material name	Comparative Example 5	Example 6	Example 3	Example 1
	0	Cereal flour	Hard flour	85	85	76	70
	0	Soybean flour	Defatted soybean flour	15	15	24	24
	0		Gluten			10	10
	0		Bread quality improver 1	0.1	0.1	0.1	0.1
	0		Superfine sugar	6	6	6	6
	0		Common salt	2	2	2	2
		Edible oils and fats composition	Rapeseed oil	0	7.5	12	10
	0		Semi-dry yeast	1.2	1.2	1.2	1.2
			Vinegar	1	1	2	2
			Water	74	67	82	77
		Oil and fat product	Shortening	5	5	5	5
Blending ratio	Edible oils and fats composition/defatted soybean flour (mass ratio)			0.00	0.50	0.50	0.42
	Edible oils and fats composition/(water + edible oils and fats composition) (mass ratio)			0.000	0.099	0.13	0.11
	Defatted soybean flour/(cereal flour + defatted soybean flour) (mass%)			15.0	15.0	24.0	25.5
	Defatted soybean flour/powder raw material (mass%)			13.7	13.7	20.1	21.2
	Cereal flour/powder raw material (mass%)			77.8	77.8	63.7	61.8
	Defatted soybean flour/dough (mass%)			7.9	7.9	10.9	11.6
	Edible oils and fats composition/dough (mass%)			0.0	4.0	5.4	4.8
Evaluation result	Workability		Stickiness	2	5	5	5
			Extensibility	3	5	5	4
	Appearance and inner layer		Inner layer	4	5	5	4
			Bread height (mm)	120	120	120	115
			Appearance	5	5	5	5
	Texture and flavor		Lightness/elasticity	1	3	5	3
			Dryness	4	4	5	4
			Oiliness	5	5	5	5
			Unpleasant soybean odor	4	4	4	3
			Taste	2	5	5	4

[0066]

Based on Table 5, in each of the examples, when defatted soybean flour was blended in such that (defatted soybean flour/(cereal flour + defatted soybean flour)) was equal to or more than 15.0 mass% and

equal to or less than 25.5 mass%, and an edible oils and fats composition composed of rapeseed oil was blended in such that a mass ratio of (edible oils and fats composition/(water + edible oils and fats composition)) was equal to or more than 0.099 and equal to or less than 0.13, bread having improved workability, and excellent lightness/elasticity and taste was obtained.

[0067]

(Example 7 and Comparative Example 6)

Using the edible oils and fats composition composed of defatted soybean flour and rapeseed oil, single loaf type bread was produced and evaluated by the method described above. Table 6 shows blending of the raw materials, a blending ratio of the ingredients, and evaluation results in each of the examples.

[0068]

[Table 6]

Raw material (part by mass)	O: Powder raw material	Type of raw material	Raw material name	Comparative Example 6	Example 7
	0	Cereal flour	Hard flour	60	60
	0	Soybean flour	Defatted soybean flour	40	40
	0		Gluten	20	20
	0		Bread quality improver 1	1.2	1.2
	0		Gum	0.6	0.6
	0		Superfine sugar	9	9
	0		Common salt	2.4	2.4
		Edible oils and fats composition	Rapeseed oil	0	20
	0		Semi-dry yeast	1.8	1.8
			Whole egg	21	21
			Vinegar	4	4
			Water	104	94
		Oil and fat product	Shortening	7.5	7.5
Blending ratio	Edible oils and fats composition/defatted soybean flour (mass ratio)			0.00	0.50
	Edible oils and fats composition/(water + edible oils and fats composition) (mass ratio)			0.000	0.15
	Defatted soybean flour/(cereal flour + defatted soybean flour) (mass%)			40	40
	Defatted soybean flour/powder raw material (mass%)			30	30
	Cereal flour/powder raw material (mass%)			44	44
	Defatted soybean flour/dough (mass%)			15	14
	Edible oils and fats composition/dough (mass%)			0.0	7.1
Evaluation result	Workability		Stickiness	2	4
			Extensibility	1	4
	Appearance and inner layer		Inner layer	1	4
			Bread height (mm)	90	105
			Appearance	1	4
	Texture and flavor		Lightness/elasticity	1	4
			Dryness	5	5
			Oiliness	4	4
			Unpleasant soybean odor	2	3
			Taste	1	4

[0069]

Based on Table 6, in Example 7 in which defatted soybean flour was blended in such that (defatted soybean flour/(cereal flour +
5 defatted soybean flour)) was 40 mass%, and an edible oils and fats composition was blended in such that (edible oils and fats

composition/(water + edible oils and fats composition)) was 0.15 in a mass ratio, single loaf type bread having excellent workability, appearance/inner layer, lightness/elasticity, and taste, and in which unpleasant soybean odor was ameliorated was obtained.

5 [0070]

(Examples 8 to 10 and Comparative Example 7)

Using various edible oils and fats composition together with the defatted soybean flour, double loaf type bread was produced and evaluated by the method described above. Table 7 shows blending of
10 the raw materials, a blending ratio of the ingredients, and evaluation results in each of the examples. Table 7 also collectively shows Example 3 described above.

[0071]

[Table 7]

15

	0: Powder raw material	Type of raw material	Raw material name	Example 3	Example 8	Example 9	Example 10	Comparative Example 7
Raw material (part by mass)	0	Cereal flour	Hard flour	76	76	76	76	76
	0	Soybean flour	Defatted soybean flour	24	24	24	24	24
	0		Gluten	10	10	10	10	10
	0		Bread quality improver 1	0.1	0.1	0.1	0.1	0.1
	0		Superfine sugar	6	6	6	6	6
	0		Common salt	2	2	2	2	2
	0		Semi-dry yeast	1.2	1.2	1.2	1.2	1.2
		Edible oils and fats composition	Rapeseed oil	12				
		Edible oils and fats composition	Edible oils and fats composition 1		12			
		Edible oils and fats composition	Edible oils and fats composition 2			12		
		Edible oils and fats composition	Olive oil				12	
		Oil and fat product	Shortening					12
			Vinegar	2	2	2	2	2
			Water	82	82	82	82	82
		Oil and fat product	Shortening	5	5	5	5	5
Blending ratio	Edible oils and fats composition/defatted soybean flour (mass ratio)			0.50	0.50	0.50	0.50	0.00
	Edible oils and fats composition/(water + edible oils and fats composition) (mass ratio)			0.13	0.13	0.13	0.13	0.000
	Defatted soybean flour/(cereal flour + defatted soybean flour) (mass%)			24.0	24.0	24.0	24.0	24.0
	Defatted soybean flour/powder raw material (mass%)			20.1	20.1	20.1	20.1	20.1
	Cereal flour/powder raw material (mass%)			63.7	63.7	63.7	63.7	63.7
	Defatted soybean flour/dough (mass%)			10.9	10.9	10.9	10.9	10.9
	Edible oils and fats composition/dough (mass%)			5.4	5.4	5.4	5.4	0.0
Evaluation result	Workability	Stickiness		5	5	5	5	5
		Extensibility		5	5	5	5	4
	Appearance and inner layer	Inner layer		5	5	5	5	4
		Bread height (mm)		120	120	125	120	115
		Appearance		5	5	5	5	5
	Texture and flavor	Lightness/elasticity		5	4	5	4	2
		Dryness		5	5	5	5	2
		Oiliness		5	5	5	5	2
		Unpleasant soybean odor		4	4	4	5	3
		Taste		5	5	5	5	2

[0072]

Based on Table 7, when an SFC at 20°C of the edible oils and fats composition was equal to or less than 10%, bread having excellent

workability, appearance/inner layer, lightness/elasticity, and taste, and in which unpleasant soybean odor was ameliorated was obtained. On the other hand, when an oil and fat product in which an SFC at 20°C was more than 10% was used in place of the edible oils and fats composition of the present embodiment (Comparative Example 7), bread in which dryness was felt, lightness/elasticity was poor, and taste was poor was obtained.

[0073]

(Examples 11 to 13)

10 By the method described above, double loaf type bread further containing resistant starch in addition to defatted soybean flour was produced and evaluated. Table 8 shows blending of the raw materials, a blending ratio of the ingredients, and evaluation results in each of the examples.

15 [0074]

[Table 8]

Raw material (part by mass)	0: Powder raw material	Type of raw material	Raw material name	Example 11	Example 12	Example 13
	0	Cereal flour	Hard flour	72	72	80
	0	Soybean flour	Defatted soybean flour	18	18	20
	0		Resistant starch 1	10		
	0		Resistant starch 2		10	
	0		Gluten	10	11	8
	0		Bread quality improver 1	0.1	0.1	0.1
	0		Superfine sugar	6	6	6
	0		Common salt	2	2	2
		Edible oils and fats composition	Rapeseed oil	9	12	10
	0		Semi-dry yeast	1.2	1.2	1.2
			Vinegar	2	2	2
			Water	77	82	78
		Oil and fat product	Shortening	5	5	5
Blending ratio	Edible oils and fats composition/defatted soybean flour (mass ratio)			0.50	0.67	0.50
	Edible oils and fats composition/(water + edible oils and fats composition) (mass ratio)			0.10	0.13	0.11
	Defatted soybean flour/(cereal flour + defatted soybean flour) (mass%)			20.0	20.0	20.0
	Defatted soybean flour/powder raw material (mass%)			15.1	15.0	17.1
	Cereal flour/powder raw material (mass%)			60.4	59.9	68.2
	Defatted soybean flour/dough (mass%)			8.5	8.1	9.4
	Edible oils and fats composition/dough (mass%)			4.2	5.4	4.7
Evaluation result	Workability		Stickiness	5	5	5
			Extensibility	4	5	5
	Appearance and inner layer		Inner layer	5	5	5
			Bread height (mm)	125	130	125
			Appearance	5	5	5
	Texture and flavor		Lightness/elasticity	5	5	4
			Dryness	5	5	4
			Oiliness	5	5	5
			Unpleasant soybean odor	5	5	4
			Taste	5	5	4

[0075]

Based on Table 8, by further adding the resistant starch 1 or the resistant starch 2 (RS4 or RS2) to the dough in Examples 11 and 12, bread having further excellent lightness/elasticity and taste and in which unpleasant soybean odor was further ameliorated was

obtained, as compared to a case in which resistant starch was not contained. Notably, when the resistant starch 2 (RS2) was used (Example 12), the extensibility and a bread height were excellent.

[0076]

5 (Example 14 and Comparative Example 8)

Double loaf type bread was produced by the method described above except that rice flour was used as cereal flour instead of the hard flour, and the bread was evaluated. Table 9 shows blending of the raw materials, a blending ratio of the ingredients, and evaluation

10 results in each of the examples.

[0077]

[Table 9]

Raw material (part by mass)	0: Powder raw material	Type of raw material	Raw material name	Comparative Example 8	Example 14
	0	Cereal flour	Rice flour	80	80
	0	Soybean flour	Defatted soybean flour	20	20
	0		Gluten	24	24
	0		Bread quality improver 1	0.1	0.1
	0		Superfine sugar	6	6
	0		Common salt	2	2
		Edible oils and fats composition	Rapeseed oil	0	10
	0		Semi-dry yeast	1.2	1.2
			Vinegar	2	2
			Water	94	84
		Oil and fat product	Shortening	5	5
Blending ratio	Edible oils and fats composition/defatted soybean flour (mass ratio)			0.00	0.50
	Edible oils and fats composition/(water + edible oils and fats composition) (mass ratio)			0.000	0.10
	Defatted soybean flour/(cereal flour + defatted soybean flour) (mass%)			20.0	20.0
	Defatted soybean flour/powder raw material (mass%)			15.0	15.0
	Cereal flour/powder raw material (mass%)			60.0	60.0
	Defatted soybean flour/dough (mass%)			8.5	8.5
	Edible oils and fats composition/dough (mass%)			0.0	4.3
Evaluation result	Workability		Stickiness	4	4
			Extensibility	1	3
	Appearance and inner layer		Inner layer	1	4
			Bread height (mm)	80	100
			Appearance	1	3
	Texture and flavor		Lightness/elasticity	1	4
			Dryness	4	4
			Oiliness	5	5
			Unpleasant soybean odor	4	4
			Taste	3	3

[0078]

Based on Table 9, even when the rice flour was used as the cereal flour, rice flour bread having improved lightness/elasticity and appearance was obtained by adding a predetermined amount of defatted soybean flour and the edible oils and fats composition of the present embodiment.

[0079]

(Example 15 and Comparative Example 9)

A doughnut was produced by the following method, and evaluated. Table 10 shows blending of the raw materials, a blending ratio of the ingredients, and evaluation results in each of the examples.

5 However, oiliness was evaluated only for an inner layer.

(Production of doughnut)

All raw materials were put in a mixer bowl and mixed with a bread mixer (VM-2 manufactured by OSHIKIRI MACHINERY LTD.). Kneading was performed with a hook under mixing conditions of 1st gear for 3 minutes,
10 2nd gear for 3 minutes, and 3rd gear for 6 minutes.

After mixing, the dough was taken out from the mixer and fermented at 30°C for 35 minutes. The dough was divided into 30 g, rolled, and allowed to rest for 15 minutes, and then formed into a 2 cm-thick round shape and fermented in a proof at 33°C and 70% relative humidity
15 for 30 minutes.

After the fermentation, the fermented dough was deep-fried with shortening heated to 170°C for 4.5 minutes.

After the deep-frying, doughnut was cooled down at room temperature (20°C).

20 [0080]

[Table 10]

	O: Powder raw material	Type of raw material	Raw material name	Comparative Example 9	Example 15
Raw material (part by mass)	0	Cereal flour	Hard flour	80	80
	0	Soybean flour	Defatted soybean flour	20	20
	0		Superfine sugar	12	12
	0		Common salt	1.5	1.5
		Edible oils and fats composition	Rapeseed oil	0	10
	0		Semi-dry yeast	3	3
			Vinegar	2	2
			Water	66	56
			Whole egg	10	10
		Oil and fat product	Shortening	10	10
Blending ratio	Edible oils and fats composition/defatted soybean flour (mass ratio)			0.00	0.50
	Edible oils and fats composition/(water + edible oils and fats composition) (mass ratio)			0.000	0.13
	Defatted soybean flour/(cereal flour + defatted soybean flour) (mass%)			20.0	20.0
	Defatted soybean flour/powder raw material (mass%)			17.2	17.2
	Cereal flour/powder raw material (mass%)			68.7	68.7
	Defatted soybean flour/dough (mass%)			9.8	9.8
	Edible oils and fats composition/dough (mass%)			0.0	4.9
Evaluation result	Workability		Stickiness	3	5
			Extensibility	5	5
	Appearance and inner layer		Inner layer	-	-
			Bread height (mm)	-	-
			Appearance	5	5
	Texture and flavor		Lightness/elasticity	1	5
			Dryness	3	3
			Oiliness	5	5
			Unpleasant soybean odor	4	4
			Taste	5	5

[0081]

Based on Table 10, by adding a predetermined amount of defatted soybean flour and the edible oils and fats composition of the present

5 embodiment, a doughnut having extremely excellent lightness/elasticity was obtained. That is, it was found that the same effect as baking could be obtained even when the dough in the present embodiment was deep-fried.

[0082]

(Example 16)

A Danish pastry was produced by the following method and evaluated. Table 11 shows blending of the raw materials, a blending ratio of the ingredients, and evaluation results in each of the
5 examples.

(Production of Danish pastry)

All the raw materials were put into a mixer bowl and mixed with a bread mixer (HP-20M manufactured by KANTO KONGOKI INDUSTRIAL Co., Ltd.) under the following conditions, and thereby a mixture was
10 obtained.

Mixing conditions: 4 minutes at low speed, and 10 minutes at medium low speed

Next, the above-mentioned mixture was fermented at room temperature for 20 minutes and then cooled at -5°C overnight.

15 Sheet margarine was folded into the cooled mixture. 3-folding of the mixture was performed twice, and then the mixture was rested at -5°C for 1 hour, 3-folding of the mixture further performed one time, and then the mixture was rested at -5°C for 1 hour. Thereby a Danish pastry dough was obtained.

20 This dough was spread to a thickness of 4 mm, cut into 11 cm squares, fermented in a proof at 32°C and a humidity of 75% for 60 minutes, and baked at 210°C on the upper heat and 200°C on the lower heat for 14 minutes. Thereby a completed product of a Danish pastry was obtained.

25 [0083]

[Table 11]

Raw material (part by mass)	O: Powder raw material	Type of raw material	Raw material name	Example 16
	0	Cereal flour	Hard flour	55
	0	Soybean flour	Defatted soybean flour	30
	0		Resistant starch 2	15
	0		Gluten	5
	0		Bread quality improver 2	0.5
	0		Superfine sugar	12
	0		Common salt	1.2
			Raw yeast	5
			Whole egg	15
		Edible oils and fats composition	Olive oil	15
		Oil and fat product	Margarine	10
			Water	55
		Oil and fat product	Shortening	50
Blending ratio	Edible oils and fats composition/defatted soybean flour (mass ratio)			0.50
	Edible oils and fats composition/(water + edible oils and fats composition) (mass ratio)			0.16
	Defatted soybean flour/(cereal flour + defatted soybean flour) (mass%)			35.3
	Defatted soybean flour/powder raw material (mass%)			25.3
	Cereal flour/powder raw material (mass%)			46.3
	Defatted soybean flour/dough (mass%)			11.2
	Edible oils and fats composition/dough (mass%)			5.6
Evaluation result	Workability		Stickiness	5
			Extensibility	5
	Appearance and inner layer		Inner layer	5
			Bread height (mm)	-
			Appearance	5
	Texture and flavor		Lightness/elasticity	5
			Dryness	5
			Oiliness	5
			Unpleasant soybean odor	5
			Taste	5

[0084]

Based on Table 11, even when 35.3 mass% of defatted soybean flour was contained in terms of (defatted soybean flour/(cereal flour + 5 defatted soybean flour)), and 25.3 mass% of defatted soybean flour was contained in terms of (defatted soybean flour/powder raw material), by adding a predetermined amount of the edible oils and

fats composition of the present embodiment, a very excellent Danish pastry was obtained, in which there was no stickiness, extensibility was favorable, lightness/elasticity was very excellent, there was no dryness and there was moistness, oiliness was not felt, and there
5 was no unpleasant soybean odor.

[0085]

(Example 17 and Comparative Example 10)

A pizza was produced by the following method, and evaluated. Table 12 shows blending of the raw materials, a blending ratio of
10 the ingredients, and evaluation results in each of the examples.

(Production of pizza)

All raw materials were put in a mixer bowl and mixed with a bread mixer (VM-2 manufactured by OSHIKIRI MACHINERY LTD.). Kneading was performed with a hook under mixing conditions of 1st gear for 5 minutes,
15 2nd gear for 5 minutes, and 3rd gear for 1 minute to 3 minutes.

After the mixing, the mixture was taken out from the mixer and fermented at 27°C for 30 minutes, and thereby a pizza dough was obtained. The obtained dough was divided into 100 g, rolled, and allowed to rest for 30 minutes, and then stretched to a diameter of
20 18 cm, pricked, and fermented in a proof at 25°C and 70% relative humidity for 30 minutes.

After the fermentation, the fermented dough was baked at 240°C for 7 minutes.

After the baking, the baked pizza was cooled down at room
25 temperature (20°C).

[0086]

[Table 12]

	O: Powder raw material	Type of raw material	Raw material name	Comparative Example 10	Example 17
Raw material (part by mass)	0	Cereal flour	Hard flour	70	70
	0	Soybean flour	Defatted soybean flour	30	30
	0		Superfine sugar	2	2
	0		Common salt	2	2
		Edible oils and fats composition	Olive oil	5	20
	0		Semi-dry yeast	1.2	1.2
			Vinegar	3	3
			Water	80	65
Blending ratio	Edible oils and fats composition/defatted soybean flour (mass ratio)			0.17	0.67
	Edible oils and fats composition/(water + edible oils and fats composition) (mass ratio)			0.057	0.23
	Defatted soybean flour/(cereal flour + defatted soybean flour) (mass%)			30.0	30.0
	Defatted soybean flour/powder raw material (mass%)			28.5	28.5
	Cereal flour/powder raw material (mass%)			66.5	66.5
	Defatted soybean flour/dough (mass%)			15.5	15.5
	Edible oils and fats composition/dough (mass%)			2.6	10.4
Evaluation result	Workability		Stickiness	4	5
			Extensibility	5	5
	Appearance and inner layer		Inner layer	-	-
			Bread height (mm)	-	-
			Appearance	-	-
	Texture and flavor		Lightness/elasticity	2	5
			Dryness	2	5
			Oiliness	5	5
			Unpleasant soybean odor	3	4
			Taste	1	5

[0087]

Based on Table 12, by adding a predetermined amount of defatted soybean flour and the edible oils and fats composition of the present embodiment in Example 17, a pizza was obtained, in which a property

5 of no stickiness for workability was improved, lightness/elasticity was very excellent, there was no dryness and there was moistness, and a taste was excellent.

[0088]

(Example 18 and Comparative Example 11)

Using defatted soybean flour and soybean oil, a double loaf type bread was produced and evaluated by the method described above. Table 13 shows blending of the raw materials, a blending ratio of the ingredients, and evaluation results in each of the examples.

5 [0089]

[Table 13]

Raw material (part by mass)	O: Powder raw material	Type of raw material	Raw material name	Comparative Example 11	Example 18
	0	Cereal flour	Hard flour	90	90
	0	Soybean flour	Defatted soybean flour	10	10
	0		Bread quality improver 1	0.1	0.1
	0		Superfine sugar	6	6
	0		Common salt	2	2
		Edible oils and fats composition	Soybean oil	0	10
	0		Semi-dry yeast	1.2	1.2
			Vinegar	1	1
			Water	70	60
		Oil and fat product	Shortening	5	5
Blending ratio	Edible oils and fats composition/defatted soybean flour (mass ratio)			0.00	1.00
	Edible oils and fats composition/(water + edible oils and fats composition) (mass ratio)			0.00	0.14
	Defatted soybean flour/(cereal flour + defatted soybean flour) (mass%)			10.0	10.0
	Defatted soybean flour/powder raw material (mass%)			9.1	9.1
	Cereal flour/powder raw material (mass%)			82.3	82.3
	Defatted soybean flour/dough (mass%)			5.4	5.4
	Edible oils and fats composition/dough (mass%)			0.0	5.4
Evaluation result	Workability		Stickiness	2	5
			Extensibility	5	5
	Appearance and inner layer		Inner layer	5	5
			Bread height (mm)	135	135
			Appearance	5	5
	Texture and flavor		Lightness/elasticity	2	3
			Dryness	2	4
			Oiliness	5	4
			Unpleasant soybean odor	4	4
			Taste	2	5

[0090]

Based on Table 13, even when soybean oil was used as the edible oils and fats composition as in Example 18, preferred bread was obtained, in which a property of no stickiness for workability was improved, lightness/elasticity was very excellent, there was no

dryness and there was moistness, and a taste was excellent.

[0091]

(Example 19)

Double loaf type bread, which used a sponge and dough method,
5 was produced by the following method, and the bread was evaluated
by the evaluation method described above. Table 14 shows blending
of the raw materials, a blending ratio of the ingredients, and
evaluation results. However, a blending ratio was calculated as a
total amount of a sponge raw material and a main kneaded raw material.

10 [0092]

(Production of double loaf type bread by sponge and dough method)

A sponge raw material among materials of Table 14 were put in
a mixer bowl and mixed with a bread mixer (VM-2 manufactured by
OSHIKIRI MACHINERY LTD.). Kneading was performed with a hook under
15 mixing conditions of 1st gear for 2 minutes, and 2nd gear for 3 minutes.

After mixing, the dough was taken out from the mixer and fermented
at 28°C for 3 hours.

The main kneaded raw materials excluding the shortening shown
in Table 14, and the above-described fermented sponge dough were put
20 in a mixer bowl and mixed with a bread mixer (VM-2 manufactured by
OSHIKIRI MACHINERY LTD.). Kneading was performed with a hook under
mixing conditions of 1st gear for 3 minutes, 2nd gear for 4 minutes,
and 3rd gear for 1 minute, and then shortening was put. Kneading
was further performed at 1st gear for 2 minutes, 2nd gear for 2 minutes,
25 and 3rd gear for 3 minutes.

After mixing, the dough was taken out from the mixer and fermented
at 28°C for 30 minutes.

The dough was divided into 200 g, rolled, and allowed to rest for 20 minutes, and then passed through a moulder to put four doughs in a double loaf form.

The formed dough was fermented in a proof at 38°C and 85% relative humidity for 50 minutes.

After the fermentation, the fermented dough was baked at 200°C for 38 minutes.

After the baking, the baked bread was cooled down at room temperature (20°C).

10 [0093]

[Table 14]

	O: Powder raw material	Type of raw material	Raw material name	Example 19
Sponge raw material (part by mass)	0	Cereal flour	Hard flour	70
	0		Bread quality improver 1	0.1
	0		Semi-dry yeast	1
			Water	42
Main kneaded raw material (part by mass)	0	Cereal flour	Hard flour	15
	0	Soybean flour	Defatted soybean flour	15
	0		Superfine sugar	6
	0		Common salt	2
		Edible oils and fats composition	Rapeseed oil	7.5
			Vinegar	1
			Water	25
		Oil and fat product	Shortening	5
Blending ratio	Edible oils and fats composition/defatted soybean flour (mass ratio)			0.50
	Edible oils and fats composition/(water + edible oils and fats composition) (mass ratio)			0.099
	Defatted soybean flour/(cereal flour + defatted soybean flour) (mass%)			15.0
	Defatted soybean flour/powder raw material (mass%)			13.7
	Cereal flour/powder raw material (mass%)			77.9
	Defatted soybean flour/dough (mass%)			7.9
	Edible oils and fats composition/dough (mass%)			4.0
Evaluation result	Workability		Stickiness	5
			Extensibility	5
	Appearance and inner layer		Inner layer	5
			Bread height (mm)	135
			Appearance	5
	Texture and flavor		Lightness/elasticity	3
			Dryness	5
			Oiliness	5
			Unpleasant soybean odor	4
			Taste	5

[0094]

Based on Table 14, even when the sponge and dough method was used as in Example 19, by adding a predetermined amount of defatted soybean flour and the edible oils and fats composition of the present embodiment, preferred bread was obtained, in which a property of no stickiness for workability was improved, lightness/elasticity was very excellent, there was no dryness and there was moistness, and

a taste was excellent.

[0095]

The present invention includes the following aspects.

[1] A method for producing a bakery food, the method including:

5 a step of preparing a bakery dough that contains, as raw materials, a powder raw material 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

10 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 soybean flour blended in the bakery dough is equal to or more than 7 mass% and equal to or less than 40 mass% with respect to a total amount of the powder raw material blended
15 in the bakery dough, and

an amount of the edible oils and fats composition blended in is equal to or more than 0.070 and equal to or less than 0.30 in a mass ratio with respect to a total amount of the water and the edible oils and fats composition blended in.

20 [2] The method for producing a bakery food according to [1], in which, in the step of preparing the bakery dough, an amount of the edible oils and fats composition blended in is equal to or more than 0.28 and equal to or less than 1.3 in a mass ratio with respect to an amount of the defatted soybean flour blended in.

25 [3] The method for producing a bakery food according to [1] or [2],

in which the powder raw material further contains one or two

kinds of cereal flour selected from wheat flour and rice flour, and
in the step of preparing the bakery dough, an amount of the cereal
flour blended in the bakery dough is equal to or more than 35 mass%
and equal to or less than 85 mass% with respect to the total amount
5 of the powder raw material blended in the bakery dough.

[4] The method for producing a bakery food according to [3],
in which an amount of the defatted soybean flour blended in the bakery
dough is equal to or more than 8 mass% and equal to or less than 50
mass% with respect to a total amount of the cereal flour and the
10 defatted soybean flour blended in the bakery dough.

[5] The method for producing a bakery food according to any one
of [1] to [4], in which a solid fat content at 10°C is equal to or
less than 15% in the edible oils and fats composition.

[6] The method for producing a bakery food according to any one
15 of [1] to [5], in which an amount of the edible oils and fats
composition blended in the bakery dough is equal to or more than 3.0
mass% and equal to or less than 14 mass% with respect to a total amount
of the bakery dough.

[7] The method for producing a bakery food according to any one
20 of [1] to [6], in which an amount of the defatted soybean flour blended
in the bakery dough is equal to or more than 5 mass% and equal to
or less than 20 mass% with respect to a total amount of the bakery
dough.

[8] The method for producing a bakery food according to any one
25 of [1] to [7],

in which the bakery dough further contains resistant starch,
and

an amount of the resistant starch blended in is equal to or more than 1 mass% and equal to or less than 25 mass% with respect to a total amount of the bakery dough.

[9] The method for producing a bakery food according to any one
5 of [1] to [8], in which the bakery food is one kind selected from the group consisting of breads, pizzas, and doughnuts.

[10] The method for producing a bakery food according to any one of [1] to [9], in which the step of preparing the bakery dough includes a step of kneading the defatted soybean flour and the edible
10 oils and fats composition in the presence of a portion or whole amount of the water.

[11] A dough for a bakery food, the dough including:
a powder raw material containing defatted soybean flour;
an edible oils and fats composition in which a solid fat content
15 at 20°C is equal to or less than 10%; and

water (excluding moisture in the powder raw material),
in which a content of the defatted soybean flour in the powder raw material is equal to or more than 7 mass% and equal to or less than 40 mass% with respect to a total content of the powder raw material
20 in the dough for a bakery food, and

a content of the edible oils and fats composition is equal to or more than 0.070 and equal to or less than 0.30 in a mass ratio with respect to a total content of the water and the edible oils and fats composition.

25 [12] The dough for a bakery food according to [11], in which the content of the edible oils and fats composition is equal to or more than 0.28 and equal to or less than 1.3 in a mass ratio with

respect to a content of the defatted soybean flour.

[13] The dough for a bakery food according to [11] or [12],
in which the powder raw material further contains one or two
kinds of cereal flour selected from wheat flour and rice flour, and
5 a content of the cereal flour in the powder raw material is equal
to or more than 35 mass% and equal to or less than 85 mass% with respect
to a total content of the powder raw material.

[14] The dough for a bakery food according to [13], in which
a content of the defatted soybean flour is equal to or more than 8
10 mass% and equal to or less than 50 mass% with respect to a total content
of the cereal flour and the defatted soybean flour.

[15] The dough for a bakery food according to any one of [11]
to [14], in which a content of the edible oils and fats composition
in the dough for a bakery food is equal to or more than 3.0 mass%
15 and equal to or less than 14 mass% with respect to a total content
of the dough for a bakery food.

[16] The dough for a bakery food according to any one of [11]
to [15], in which a content of the defatted soybean flour in the dough
for a bakery food is equal to or more than 5 mass% and equal to or
20 less than 20 mass% with respect to a total content of the dough for
a bakery food.

[17] The dough for a bakery food according to any one of [11]
to [16], further including:

resistant starch,

25 in which a content of the resistant starch in the dough for a
bakery food is equal to or more than 1 mass% and equal to or less
than 25 mass% with respect to a total content of the dough for a bakery

food.

[18] A method for producing the dough for a bakery food according to any one of [11] to [17], the method including:

5 a step of kneading the defatted soybean flour and the edible oils and fats composition in the presence of a portion or whole amount of the water.

[0096]

This application claims the priority on the basis of Japanese Patent Application No. 2018-090523, filed May 9, 2018, the content
10 of which is incorporated herein by reference.

CLAIMS

1. A method for producing a bakery food, the method comprising:
a step of preparing a bakery dough that contains, as raw materials,
5 a powder raw material comprising 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,
10 wherein, in the step of preparing the bakery dough,
an amount of the defatted soybean flour blended in the bakery
dough is equal to or more than 7 mass% and equal to or less than 40
mass% with respect to a total amount of the powder raw material blended
in the bakery dough, and
15 an amount of the edible oils and fats composition blended in
is equal to or more than 0.070 and equal to or less than 0.30 in a
mass ratio with respect to a total amount of the water and the edible
oils and fats composition blended in.

20 2. The method for producing a bakery food according to claim 1,
wherein, in the step of preparing the bakery dough, an amount of the
edible oils and fats composition blended in is equal to or more than
0.28 and equal to or less than 1.3 in a mass ratio with respect to
an amount of the defatted soybean flour blended in.

25 3. The method for producing a bakery food according to claim 1 or
2,

wherein the powder raw material further comprises one or two kinds of cereal flour selected from wheat flour and rice flour, and

in the step of preparing the bakery dough, an amount of the cereal flour blended in the bakery dough is equal to or more than 35 mass% and equal to or less than 85 mass% with respect to the total amount of the powder raw material blended in the bakery dough.

4. The method for producing a bakery food according to claim 3, wherein an amount of the defatted soybean flour blended in the bakery dough is equal to or more than 8 mass% and equal to or less than 50 mass% with respect to a total amount of the cereal flour and the defatted soybean flour blended in the bakery dough.

5. The method for producing a bakery food according to any one of claims 1 to 4, wherein a solid fat content at 10°C is equal to or less than 15% in the edible oils and fats composition.

6. The method for producing a bakery food according to any one of claims 1 to 5, wherein an amount of the edible oils and fats composition blended in the bakery dough is equal to or more than 3.0 mass% and equal to or less than 14 mass% with respect to a total amount of the bakery dough.

7. The method for producing a bakery food according to any one of claims 1 to 6, wherein an amount of the defatted soybean flour blended in the bakery dough is equal to or more than 5 mass% and equal to or less than 20 mass% with respect to a total amount of the bakery

dough.

8. The method for producing a bakery food according to any one of claims 1 to 7,

5 wherein the bakery dough further comprises resistant starch,
and

 an amount of the resistant starch blended in is equal to or more than 1 mass% and equal to or less than 25 mass% with respect to a total amount of the bakery dough.

10

9. The method for producing a bakery food according to any one of claims 1 to 8, wherein the bakery food is one kind selected from the group consisting of breads, pizzas, and doughnuts.

15 10. The method for producing a bakery food according to any one of claims 1 to 9, wherein the step of preparing the bakery dough includes a step of kneading the defatted soybean flour and the edible oils and fats composition in the presence of a portion or whole amount of the water.

20

11. A dough for a bakery food, the dough comprising:

 a powder raw material comprising 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

25 water (excluding moisture in the powder raw material),

 wherein a content of the defatted soybean flour in the powder raw material is equal to or more than 7 mass% and equal to or less

than 40 mass% with respect to a total content of the powder raw material in the dough for a bakery food, and

a content of the edible oils and fats composition is equal to or more than 0.070 and equal to or less than 0.30 in a mass ratio
5 with respect to a total content of the water and the edible oils and fats composition.

12. The dough for a bakery food according to claim 11, wherein the content of the edible oils and fats composition is equal to or more
10 than 0.28 and equal to or less than 1.3 in a mass ratio with respect to a content of the defatted soybean flour.

13. The dough for a bakery food according to claim 11 or 12,
wherein the powder raw material further comprises one or two
15 kinds of cereal flour selected from wheat flour and rice flour, and
a content of the cereal flour in the powder raw material is equal to or more than 35 mass% and equal to or less than 85 mass% with respect to a total content of the powder raw material.

20 14. The dough for a bakery food according to claim 13, wherein a content of the defatted soybean flour is equal to or more than 8 mass% and equal to or less than 50 mass% with respect to a total content of the cereal flour and the defatted soybean flour.

25 15. The dough for a bakery food according to any one of claims 11 to 14, wherein a content of the edible oils and fats composition in the dough for a bakery food is equal to or more than 3.0 mass% and

equal to or less than 14 mass% with respect to a total content of the dough for a bakery food.

16. The dough for a bakery food according to any one of claims 11 to 15, wherein a content of the defatted soybean flour in the dough for a bakery food is equal to or more than 5 mass% and equal to or less than 20 mass% with respect to a total content of the dough for a bakery food.

10 17. The dough for a bakery food according to any one of claims 11 to 16, further comprising:

resistant starch,

wherein a content of the resistant starch in the dough for a bakery food is equal to or more than 1 mass% and equal to or less than 25 mass% with respect to a total content of the dough for a bakery food.

18. A method for producing the dough for a bakery food according to any one of claims 11 to 17, the method comprising:

20 a step of kneading the defatted soybean flour and the edible oils and fats composition in the presence of a portion or whole amount of the water.