CLAIMS

1. An agent for reducing oiliness of heat-cooked food, the agent comprising an n-3 edible oil and fat, in which the amount of n-3 fatty acids contained in the total amount of constituent fatty acids is 30 mass% or more and 80 mass% or less, as an active component,

wherein the agent for reducing oiliness of heat-cooked food is to be used for the heat-cooked food that is cooked using an unheated oil and fat composition for heat cooking, and

wherein the agent for reducing oiliness of heat-cooked food is to be used in such a manner that the amount of the n-3 edible oil and fat with respect to the unheated oil and fat composition for heat cooking is 0.01 mass% or more and 0.8 mass% or less as the concentration in the oil and fat composition.

2. An agent for reducing oiliness of heat-cooked food, the agent comprising an n-3 edible oil and fat, in which the amount of n-3 fatty acids contained in the total amount of constituent fatty acids is 30 mass% or more and 80 mass% or less, as an active component,

wherein the agent for reducing oiliness of the heat-cooked food is to be used for the heat-cooked food that is

cooked using a previously heated oil and fat composition for heat cooking, and

wherein the agent for reducing oiliness of heat-cooked food is to be used in such a manner that the amount of the n-3 edible oil and fat with respect to the previously heated oil and fat composition for heat cooking is 0.01 mass% or more and less than 10 mass% as the concentration in the oil and fat composition.

3. An agent for reducing odor of heat-cooked food, the agent comprising an n-3 edible oil and fat, in which the amount of n-3 fatty acids in a total amount of constituent fatty acids is 30 mass% or more and 80 mass% or less, as an active component,

wherein the agent for reducing odor of heat-cooked food is to be used for the heat-cooked food that is cooked using an unheated oil and fat composition for heat cooking, and

wherein the agent for reducing odor of heat-cooked food is to be used in such a manner that the amount of the n-3 edible oil and fat with respect to the unheated oil and fat composition for heat cooking is 0.01 mass% or more and 0.8 mass% or less as the concentration in the oil and fat composition.

4. An agent for reducing odor of heat-cooked food, the agent comprising an n-3 edible oil and fat, in which the amount of n-3 fatty acids contained in the total amount of constituent fatty acids is 30 mass% or more and 80 mass% or less, as an active component,

wherein the agent for reducing odor of the heat-cooked food is to be used for the heat-cooked food that is cooked using a previously heated oil and fat composition for heat cooking, and

wherein the agent for reducing odor of heat-cooked food is to be used in such a manner that the amount of the n-3 edible oil and fat with respect to the previously heated oil and fat composition for heat cooking is 0.01 mass% or more and less than 10 mass% as the concentration in the oil and fat composition.