

ABSTRACT

The purpose of the invention is to provide mayonnaise-like dressing that enables to enjoy the health benefit of egg white simply by consuming as daily food.

The disclosed method for producing a dressing comprising the steps of: (1) providing 100 parts by mass of non-heated egg white, 5 to 50 parts by mass of soybean lecithin, 5 to 50 parts by mass of edible vinegar and 150 to 300 parts by mass of cooking oil; (2) adding the soybean lecithin to the egg white and mixing the resultant mixture to form a semisolid having the viscosity of about 30,000 cP - 50,000 cP; (3) adding the edible vinegar to the mixture as obtained in step (2) and stirring the resultant mixture; and (4) adding the cooking oil gradually to the mixture as obtained in step (3) and stirring the resultant mixture and a dressing produced by the method. Thus the invention provides excellent protein food containing essential amino acid in 100 % of amino acid score.