

ABSTRACT

The purpose of the present invention is to provide a vegetable protein-containing food that has an excellent juicy feeling (juiciness), a meat-like hardness, a good chewiness and almost the same texture as a natural livestock meat-containing food. A vegetable protein-containing food that comprises (A) a granular vegetable protein, and/or a granular textured vegetable protein containing brown rice, (B) a fibrillated granular vegetable protein, and (C) a mixture of oil or fat, water and methyl cellulose. This vegetable protein-containing food has an excellent juicy feeling (juiciness), a meat-like hardness, a good chewiness and almost the same texture as a natural livestock meat-containing food, which makes it appropriately usable as a pseudo-meat food.