

## ABSTRACT OF THE DISCLOSURE

By means of a method of producing a fat and oil composition comprising the steps of melting a fat and oil or emulsion comprising fat and oil and crystallizing the above-mentioned fat and oil by cooling to produce a fat and oil composition in paste form or plastic form, the above-mentioned molten fat and oil or emulsion comprising fat and oil is pressurized under force at a pressure of 10 to 150 MPa during the above-mentioned crystallization in the production of fat and oil compositions such as fat and oil processed foods, etc., and as a result, the crystallization speed of the fat and oil is markedly increased and post-crystallization can be prevented, which has been impossible in the past. Thus, improvement in quality of the fat and oil processed food and improved efficiency of the production process in terms of time and energy can be expected.