

Abstract

Provided is frozen cooked noodles which can be stored in a frozen state for a long time and present satisfactory appearance and texture after defrosting. A method for manufacturing frozen cooked noodles comprising obtaining raw noodles by extruding dough containing from 0.5 to 5 parts by mass of a plant protein and 100 parts by mass of wheat flour containing 70 mass% or more of a regular wheat flour at a pressure of from 60 kgf/cm² to 160 kgf/cm², cooking the raw noodles, and freezing the cooked noodles.