

METHOD FOR PRODUCING INSTANT NOODLES

Abstract

[Problem] To provide a method for producing instant noodles having fresh noodle-like flavor and texture.

[Solution] The present invention is a method for producing instant noodles, comprising heat treatment under specific conditions of temperature and humidity, particularly, a method for producing instant noodles, comprising the step of carrying out a heating process at an intra-chamber temperature of 130 to 220°C, wherein the heating process is carried out in an atmosphere of -5% to +10% of the absolute humidity of steam under atmospheric pressure at the temperature.

[No Fig.]