

ABSTRACT

Provided is a method for producing a food including: a step of mixing a component (A) below, which is one or two selected from the group consisting of a component (A1) and a component (A2), with a food material to obtain a mixture for an outer layer; a step of mixing a food material to obtain a mixture for an inner layer; and a step of wrapping the mixture for an inner layer with the mixture for an outer layer to obtain a food composition. The component (A1) is a starch composition satisfying conditions of (1) to (3): (1) a starch content is equal to or more than 75% by mass; (2) molecular weight-reduced starch of starch having an amylose content of equal to or more than 5% by mass is contained in an amount of equal to or more than 3% by mass and equal to or less than 45% by mass, and a peak molecular weight of the molecular weight-reduced starch is equal to or more than 3×10^3 and equal to or less than 5×10^4 ; and (3) a degree of swelling in cold water at 25°C is equal to or more than 5 and equal to or less than 20, and the component (A2) is pregelatinized starch.