CLAIMS

~~1. An oil and fat composition for heat cooking containing an n-3 edible oil and fat in which the amount of n-3 fatty acids contained in the total amount of constituent fatty acids is 30 mass% or more and 80 mass% or less, and a base oil and fat consisting of an edible oil and fat other than the n-3 edible oil and fat, the oil and fat composition being characterized in that 0.01 mass% or more and less than 1 mass% of the n-3 edible oil and fat is contained in the oil and fat composition.~~

~~2. The oil and fat composition for heat cooking according to claim 1, wherein the n-3 edible oil and fat is one or more oils and fats selected from the group consisting of perilla oil, flaxseed oil, Shiso oil, oil and fat containing DHA, and oil and fat containing EPA.~~

~~3. The oil and fat composition for heat cooking according to claim 1 or 2, wherein the base oil and fat contains one or more oils and fats selected from the group consisting of rapeseed oil, corn oil, soybean oil, and palm olein.~~

~~4. The oil and fat composition for heat cooking according to any of claims 1 to 3, wherein the heat cooking is frying or stir-frying.~~

~~5. A method of manufacturing an oil and fat composition for heat cooking including a step for mixing an n-3 edible oil and fat in which the amount of n-3 fatty acids contained in the total amount of constituent fatty acids is 30 mass% or more and 80 mass% or less, and a base oil and fat consisting of an edible oil and fat other than the n-3 edible oil and fat, the method of manufacturing an oil and fat composition being characterized in that 0.01 mass% or more and less than 1 mass% of the n-3 edible oil and fat is contained in the oil and fat composition for heat cooking.~~

~~6. A method of manufacturing a heat-cooked food, characterized in that the method includes a step for heat cooking a food ingredient using the oil and fat composition for heat cooking according to any of claims 1 to 4.~~

~~7. A method of reducing oiliness of heat-cooked food in which a food ingredient is heat cooked using the oil and fat composition for heat cooking according to any of claims 1 to 4.~~

~~8. A method of reducing an odor of a heat-cooked food in which a food ingredient is heat cooked using the oil and~~

~~fat composition for heat cooking according to any of claims 1 to 4.~~

~~9~~1. An agent for reducing oiliness of heat-cooked food, the agent comprising an n-3 edible oil and fat, in which the amount of n-3 fatty acids contained in the total amount of constituent fatty acids is 30 mass% or more and 80 mass% or less, as an active component,

wherein the agent for reducing oiliness of heat-cooked food is to be used for the heat-cooked food that is cooked using an unheated oil and fat composition for heat cooking, and

wherein the agent for reducing oiliness of heat-cooked food is to be used in such a manner that the amount of the n-3 edible oil and fat with respect to the unheated oil and fat composition for heat cooking is 0.01 mass% or more and 0.8 mass% or less as the concentration in the oil and fat composition.

~~10. The agent for reducing oiliness of the heat-cooked food according claim 9, which is used in such a manner that, when the heat-cooked food is cooked using an unheated oil and fat composition for heat cooking, the effective amount of the n-3 edible oil and fat with respect to the unheated oil and fat composition for heat cooking is 0.01~~

~~mass% or more and less than 1 mass% as the concentration in the oil and fat composition.~~

~~11~~2. An agent for reducing oiliness of heat-cooked food, the agent comprising an n-3 edible oil and fat, in which the amount of n-3 fatty acids contained in the total amount of constituent fatty acids is 30 mass% or more and 80 mass% or less, as an active component,

wherein the ~~The~~ agent for reducing oiliness of the heat-cooked food ~~according claim 9, which~~ is to be used for the heat-cooked food that is cooked using a previously heated oil and fat composition for heat cooking, and

wherein the agent for reducing oiliness of heat-cooked food is to be used in such a manner that~~, when the heat-cooked food is cooked using a previously heated oil and fat composition for heat cooking,~~ the ~~effective~~ amount of the n-3 edible oil and fat with respect to the previously heated oil and fat composition for heat cooking is 0.01 mass% or more and less than 10 mass% as the concentration in the oil and fat composition.

~~12~~3. An agent for reducing ~~an~~ odor of heat-cooked food, the agent comprising an n-3 edible oil and fat, in which the amount of n-3 fatty acids in a total amount of constituent fatty acids is 30 mass% or more and 80 mass% or less, as an active component,

wherein the agent for reducing odor of heat-cooked food is to be used for the heat-cooked food that is cooked using an unheated oil and fat composition for heat cooking, and

wherein the agent for reducing odor of heat-cooked food is to be used in such a manner that the amount of the n-3 edible oil and fat with respect to the unheated oil and fat composition for heat cooking is 0.01 mass% or more and 0.8 mass% or less as the concentration in the oil and fat composition.

~~13. The agent for reducing odor of the heat-cooked food according claim 12, which is used in such a manner that, when the heat-cooked food is cooked using an unheated oil and fat composition for heat cooking, the effective amount of the n-3 edible oil and fat with respect to the unheated oil and fat composition for heat cooking is 0.01 mass% or more and less than 1 mass% as the concentration in the oil and fat composition.~~

~~14~~4. An agent for reducing odor of heat-cooked food, the agent comprising an n-3 edible oil and fat, in which the amount of n-3 fatty acids contained in the total amount of constituent fatty acids is 30 mass% or more and 80 mass% or less, as an active component,

~~The~~ wherein the agent for reducing odor of the heat-cooked food ~~according claim 12, which~~ is to be used for the heat-cooked food that is cooked using a previously heated oil and fat composition for heat cooking, and

wherein the agent for reducing odor of heat-cooked food is to be used in such a manner that~~, when the heat-cooked food is cooked using a previously heated oil and fat composition for heat cooking,~~ the ~~effective~~ amount of the n-3 edible oil and fat with respect to the previously heated oil and fat composition for heat cooking is 0.01 mass% or more and less than 10 mass% as the concentration in the oil and fat composition.