

ABSTRACT

A process in which an organic acid slightly soluble in fats, such as ascorbic acid, is easily incorporated into a fat; a fat for frying which is reduced in odor emission upon heating and in the odor of fried foods caused by thermal deterioration; and a fat for panfrying which is free from scorching and has excellent release properties and a satisfactory flavor. An organic acid in an aqueous solution form is added to a fat and this mixture is dehydrated at 50 to 180°C and a reduced pressure of 0.5 to 100 Torr. A lecithin is further added thereto. Thus, a fat for panfrying is obtained which is free from the lecithin odor.



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