

[ABSTRACT]

An ink jet recording method is disclosed where, when a liquid including water is absorbed and removed from an image including an aqueous liquid component and a coloring material, by use of a water repellent porous body, a contact surface of the porous body with the image is treated with a wetting liquid whose contact angle to the contact surface is less than 90° , and thereafter absorption and removal of the aqueous liquid component from the image by the porous body are performed.