[CLAIMS]

[Claim 1]

A variant strain of the genus *Yarrowia lipolytica*, wherein activity of phosphatidylethanolamine *N*-methyltransferase (PEMT) or phospholipid methyltransferase is inactivated and wherein the variant strain of the genus *Yarrowia* has an increased fat content, as compared with a wild-type, wherein a *cho2* gene or *opi3* gene is deleted.

[Claim 2]

The variant strain of claim 1, wherein the phosphatidylethanolamine *N*-methyltransferase is encoded by *cho2* gene, and the *cho2* gene consists of a polynucleotide sequence of SEQ ID NO: 1.

[Claim 3]

The variant strain of claim 1, wherein the phospholipid methyltransferase is encoded by *opi3* gene, and the *opi3* gene consists of a polynucleotide sequence of SEQ ID NO: 11.

[Claim 4]

The variant strain of claim 1, wherein the variant strain of the genus *Yarrowia* is a choline auxotrophic strain.

[Claim 5]

The variant strain of claim 1, wherein the fat includes triacylglycerol (TAG).

[Claim 6]

A cosmetic composition comprising one or more of the variant strain of the genus *Yarrowia* of any one of claims 1 to 5, a culture of the strain, an extract of the strain, a dry product of the strain, a lysate of the strain, and a fat recovered from one or more of the strain, the culture, the extract, the dry product, and the lysate.

[Claim 7]

A food composition comprising one or more of the variant strain of the genus *Yarrowia* of any one of claims 1 to 5, a culture of the strain, an extract of the strain, a dry product of the strain, a lysate of the strain, and a fat recovered from one or more of the strain, the culture, the extract, the dry product, and the lysate.

[Claim 8]

A feed composition comprising one or more of the variant strain of the genus *Yarrowia* of any one of claims 1 to 5, a culture of the strain, an extract of the strain, a dry product of the strain, a lysate of the strain, and a fat recovered from one or more of the strain, the culture, the extract, the dry product, and the lysate.

[Claim 9]

A medical composition comprising one or more of the variant strain of the genus *Yarrowia* of any one of claims 1 to 5, a culture of the strain, an extract of the strain, a dry product of the strain, a lysate of the strain, and a fat recovered from one or more of the strain, the culture, the extract, the dry product, and the lysate.

[Claim 10]

A method of increasing a fat content in the variant strain of claim 1, comprising: culturing the variant strain of claim 1 in a medium containing choline.

[Claim 11]

The method of increasing a fat in a strain of claim 10, wherein a concentration of the choline in the medium is 0.05 mM to 5 mM.

[Claim 12]

The method of increasing a fat in a strain of claim 10, wherein a C/N ratio in the medium is 40 to 80.

[Claim 13]

The method of increasing a fat in a strain of claim 10, wherein the fat includes triacylglycerol (TAG).

[Claim 14]

A method of preparing a fat, comprising: culturing the variant strain of claim 1, wherein the culturing the strain is culturing the strain in a medium containing choline, further comprising: recovering the fat from the strain, a culture thereof, an extract thereof, a dry product thereof, or a lysate thereof, after the culturing the strain.

[Claim 15]

The method of preparing a fat of claim 14, wherein a C/N ratio in the medium is 40 to 80.

[Claim 16]

Use of the variant strain of claim 1; a culture of the strain; an extract of the strain; a dry product of the strain; a lysate of the strain; a cosmetic composition, a food composition, a feed composition, or a medical composition, each including one or more of the strain, the culture, the extract, the dry product, and the lysate, and a fat recovered from one or more of the strain, the culture, the extract, the dry product, and the lysate in fat production.