RETORT-POUCH SHAPED FOOD AND METHOD OF PRODUCING RETORT-POUCH SHAPED FOOD

ABSTRACT

Provided is a retort-pouch shaped food that includes glutinous brown rice and a gelling agent. The gelling agent may be one or more ingredients selected from glucomannan, agar, and psyllium. The retort-pouch shaped food may be produced by a producing method that includes: a first step of preparing a viscous liquid containing the glutinous brown rice and the gelling agent; a second step of filling a pouch with the viscous liquid; and a third step of performing retort heat sterilization to the pouch and cooling the pouch, to solidify a content of the pouch into a single lump.

Fig.1