

ABSTRACT

Disclosed are a heated soy sauce/sugar mixture obtained by heating a mixed aqueous solution of soy sauce and a sugar and having an absorbance of 0.05 to 0.40 at 430 nm measured as a 0.1 w/w% aqueous dilution and a fat and oil food product obtained by adding fat and oil to the heated soy sauce/sugar mixture and emulsifying or dissolving the fat and oil in the fat and oil food product. The heated soy sauce/sugar mixture is useful as a substitute for an emulsifier or a surfactant. By the use of the heated soy sauce/sugar mixture, a fat and oil food product that does not undergo reduction in emulsifying action with pH change or by heat is obtained with no use of an emulsion stabilizer or a surfactant. The fat and oil food product contains fat and oil in a stably emulsified or dissolved state and does not undergo oiling-off.