

ABSTRACT

The present invention relates to a plastic oil and fat composition for bakery food dough, wherein the plastic oil and fat composition has excellent extensibility, a method for producing the same, bakery food dough, bakery food, or the like. The present invention also relates to a method for improving extensibility of a plastic oil and fat composition containing edible oil and fat, and a method for improving rising of a layered puffed food. The plastic oil and fat composition for bakery food dough of the present invention is characterized in that it contains 60% by mass to 100% by mass of an edible oil and fat, in which the edible oil and fat contains 0.5% by mass to 20% by mass of soybean hypocotyl oil.