

Abstract

A method for crystallizing a fat and/or oil, the method capable of simply and easily obtaining a crystal fraction in high yield, the method with an object of providing a method for crystallizing a fat and/or oil, the method capable of simply and easily obtaining a crystal fraction
5 rich in an SUS-type triglyceride in high yield by combining: preparing for crystallization by cooling a raw material fat and/or oil containing a melted SUS-type triglyceride, where S represents a saturated fatty acid having from 16 to 18 carbons, and U represents a monounsaturated fatty acid having 18 carbons and holding at a temperature not lower than the melting point; and performing crystallization by cooling the resulting fat and/or oil to deposit
10 crystals.

[No figure]