

What is claimed is:

[Claim 1]

An oil and/or fat for a frozen dessert mix comprising: a randomly interesterified oil A
5 satisfying the following (a) to (c); and a randomly interesterified oil B obtained by using a non-lauric oil and/or fat as a raw material oil and/or fat:

(a) containing a medium-chain fatty acid-bound oil and/or fat (MCT) as a raw material
oil and/or fat for the randomly interesterified oil;

(b) a content of a saturated fatty acid having from 6 to 10 carbon atoms being from 0.3 to
10 30 mass% in a constituent fatty acid composition; and

(c) a content of a saturated fatty acid having from 12 to 14 carbon atoms being from 45 to
80 mass% in the constituent fatty acid composition,

provided that the medium-chain fatty acid-bound oil and/or fat (MCT) is an oil and/or fat
containing a fatty acid having from 6 to 10 carbon atoms as a main component in the constituent
15 fatty acid composition,

wherein the randomly interesterified oil B is obtained by using palm olein as a raw
material oil and/or fat,

a mass ratio (B/A ratio) of a blending amount of the randomly interesterified oil B to a
blending amount of the randomly interesterified oil A is from 0.5 to 5.0, and

20 an SFC at 30°C of the oil and/or fat for a frozen dessert mix is 0.1% or more to 6% or
less.

[Claim 2]

The oil and/or fat for a frozen dessert mix according to claim 1, wherein the randomly
25 interesterified oil A further satisfies the following (d):

(d) a content of an oleic acid is 10 mass% or less in the constituent fatty acid
composition.

[Claim 3]

30 The oil and/or fat for a frozen dessert mix according to claim 1, further comprising a
palm-based oil and/or fat.

[Claim 4]

The oil and/or fat for a frozen dessert mix according to claim 1, further comprising a
35 lauric oil and/or fat.

[Claim 5]

The oil and/or fat for a frozen dessert mix according to claim 4, wherein the lauric oil
and/or fat is coconut oil.

[Claim 6]

The oil and/or fat for a frozen dessert mix according to claim 1, wherein a content of an unsaturated fatty acid is from 35 to 65 mass% in the constituent fatty acid composition of the oil and/or fat for a frozen dessert mix,

the unsaturated fatty acid as used herein referring to oleic acid, linoleic acid, or linolenic acid.

[Claim 7]

The oil and/or fat for a frozen dessert mix according to claim 1, wherein a content of a triglyceride, in which only saturated fatty acids are bonded, contained in the oil and/or fat for a frozen dessert mix is 5 mass% or less,

the triglyceride, in which only saturated fatty acid are bonded as used herein referring to a saturated fatty acid having 16 or more carbon atoms, three molecules of which are bonded to a triglyceride backbone.

[Claim 8]

A frozen dessert using from 1 to 25 parts by mass of the oil and/or fat for a frozen dessert mix according to claim 1 in 100 parts by mass of the frozen dessert.

[Claim 9]

A method for producing a frozen dessert mix, the method comprising: a step of preparing an emulsion using the oil and/or fat for a frozen dessert mix according to claim 1; a sterilization step; a homogenization step; and a cooling step.

[Claim 10]

A method for producing a frozen dessert, the method comprising freezing by using the frozen dessert mix obtained in claim 9.

[Claim 11]

A method for improving flavor of a frozen dessert when eaten, the method comprising using the oil and/or fat for a frozen dessert mix according to claim 1.