CLAIMS

1. A solid milk having a solid form obtained by compression molding a powdered milk followed by a humidification treatment at a temperature of higher than 100°C,

wherein in a case where the solid milk is submerged in 200 ml of warm water at 50 ± 1°C with respect to one solid milk and stirred at a rotation speed of 0.5 m/s (peripheral speed), a dissolution process from the solid milk starting to dissolve until the solid milk completely dissolving is measured over time on the basis of electric conductivity, times (sec) at which a dissolution ratio, which is a ratio of electric conductivity when electric conductivity at the time of finish of dissolution is regarded as 100%, reaches 20%, 63%, and 95% are respectively designated as t_{20}, t_{63}, and t_{95}, and

times (sec) at which the dissolution ratio of a reference solid milk, which is formed under conditions in which a difference in weight with the solid milk is within ±0.3%, a difference in surface area with the solid milk is within ±2%, a difference in hardness with the solid milk is within ±4%, and a humidification treatment

temperature is 100°C or lower, and formed from the same raw materials and compositions as the solid milk, reaches 20%, 63%, and 95% are respectively designated as t_{20ref}, t_{63ref}, and t_{95ref},

a solubility index (I_d) represented by the following Formula (2) is less than 1,

$$I_d = (t_{20}/t_{20ref} + t_{63}/t_{63ref} + t_{95}/t_{95ref})/3 \cdots (2).$$

2. The solid milk according to claim 1, wherein a content ratio of free fat is 0.5% by weight or more and 4% by weight or less.

3. The solid milk according to claim 1 or 2, wherein the humidification treatment temperature is 130°C or higher and 330°C or lower.