

[CLAIMS]

1. An oil and fat for suppressing bloom in a chocolate-like food product, the oil and fat characterized by comprising:

1% by mass or more of an extremely hardened high-erucic-acid rapeseed oil,

5 wherein the extremely hardened high-erucic-acid rapeseed oil and an SSU-type triglyceride are contained at any ratio between 5:95 and 40:60,

where S represents a saturated fatty acid having 16 to 22 carbon atoms, and U represents an unsaturated fatty acid having 16 to 22 carbon atoms.

2. The oil and fat for suppressing bloom in a chocolate-like food product
10 according to claim 1, further comprising 0.5 to 5% by mass of a sorbitan fatty acid ester.

3. A chocolate-like food product, characterized by comprising 1 to 10% by mass of the oil and fat for suppressing bloom according to claim 1 or 2 in the chocolate-like food product wherein, in the chocolate-like food product, a content of
15 the SSU-type triglyceride is 0.1 to 1.5% by mass, and a content of the extremely hardened high-erucic-acid rapeseed oil is 0.05 to 1% by mass.

4. The chocolate-like food product according to claim 3, wherein a content of the sorbitan fatty acid ester is 0.01 to 0.3% by mass.

5. A method for manufacturing a chocolate-like food product, characterized by
20 comprising blending in of the oil and fat for suppressing bloom according to claim 1 or 2 such that 0.1 to 1.5% by mass of the SSU-type triglyceride and 0.05 to 1% by mass of the extremely hardened high-erucic-acid rapeseed oil are contained in the chocolate-like food product.