

Boletus edulis Bulliard ex Fries

Identifiants : 4790/boleedul

Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 13/05/2024

- Classification/taxinomie traditionnelle :

- Règne : Fungi ;
- Division : Basidiomycota ;
- Classe : Agaricomycetes ;
- Ordre : Boletales ;
- Famille : Boletaceae ;
- Genre : Boletus ;

- Synonymes : Tubiporus edulis Schaeff.:Fr, Boletus edulis Schaeff.:Fr ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Sponge Fungus, Cep, King bolete, , Bavorcelli, Bavuseddhi, Bavuso, Cep de Bordeaux, Cepe, Chipo de toro y chipo, Chumugulu, Edible boletus, Enguday, Hed tab tao, King bolete, Maiwei niuganjun, Mazayel, Pananacatl, Pansa, Penny bun, Pho shyamo, Porcini, Porcino bianco, Porcino, Sangiovannino, Steinpilz, Vrganj ;

- Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :

Parties comestibles : champignon, épice, légume^{{{0(+x)}} (traduction automatique)} | Original : Fungus, Mushroom, Spice, Vegetable^{{{0(+x)}}} Il est utilisé blanchi dans les salades et les soupes. Les organes de fructification peuvent être consommés frais mais aussi séchés. Il est également réduit en poudre et conservé dans l'huile. Le corps fructifère est utilisé dans les salades, rôties, frites, cuites et en sauces et marinées dans l'huile. Ils sont utilisés dans le risotto, les pâtes, les omelettes et autres plats. Ils peuvent être grillés, sautés ou cuits au four

Partie testée : champignon^{{{0(+x)}} (traduction automatique)}
Original : Mushroom^{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
	0	0	0	0	0	0	0



néant, inconnus ou indéterminés.

- Illustration(s) (photographie(s) et/ou dessin(s)):

- Liens, sources et/ou références :

dont classification :

dont livres et bases de données : ⁰"Food Plants International" (en anglais) ;

Bianchini, F., Corbetta, F., and Pistoia, M., 1975, *Fruits of the Earth*. Cassell. p 124 ; Boa, E. R., *Wild edible fungi and their importance to people*. FAO Non Wood Forest Products Booklet 17 ; Brouk, B., 1975, *Plants Consumed by Man*. Academic Press, London. p 57 ; Cerne, M., 1992, *Wild Plants from Slovenia used as Vegetables*. Acta Horticulturae 318 ; Christanell, A., et al, 2010, *The Cultural Significance of Wild Gathered Plant Species in Kartitsch (Eastern Tyrol, Austria) and the Influence of Socioeconomic Changes on Local Gathering Practices*. Chapter 3 in *Ethnobotany in the New Europe*. Berghahn Books. ; Christensen, M., et al, 2008, *Collection and Use of Wild Edible Fungi in Nepal*. Economic Botany, 62(1), 2008, pp. 12â€“23 ; Cocchi, L. et al, 2006, *Heavy metals in edible mushrooms in Italy*. Food Chemistry 98: 277-284 ; Cortes, L.E.U., et al, 2018, *Ethnomycology and mushroom selling in a market from Northwest Puebla, MÃ©xico*. Scientia Fungorum vol. 47: 47-55 ; Dembitsky, V. M., et al, 2010, *Amino and Fatty Acids of Wild Edible Mushrooms of the genus Boletus*, Rec. Nat. Prod. 4:4 (2010) 218-223 ; Denchev, C. M., et al, *The wild edible mushrooms in Bulgaria*. Bulgarian Academy of Science. ; Dolina, K. & Luczaj, L., 2014, *Wild food plants used on the Dubrovnik coast (south-eastern Croatia)* Acta Soc Bot Pol 83(3):175â€“181 ; Dongol, et al, 1995, *Edible Mushrooms in Nepal* ; Estrada-Martinez, E., et al, 2009, *Contribucion al conocimiento etnomicologico de los Hongos Comestibles Silvestres de Mercados Regionales y Comunidades de la Sierra Nevada (Mexico)*. Interciencia Jan 2009 Vol. 34 No. 1 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 250 ; Fox, F. W. & Young, M. E. N., 1982, *Food from the Veld*. 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