

Lentinula edodes (Berk.) Pegler, 1976 **(Lentin du chêne)**

Identifiants : 18233/lentedod

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

Fiche réalisée par Patrick Le Ménahèze

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- **Classification/taxinomie traditionnelle :**

- Règne : Fungi ;
- Division : Basidiomycota ;
- Classe : Agaricomycetes ;
- Ordre : Agaricales ;
- Famille : Marasmiaceae ;
- Genre : *Lentinula* ;

- **Synonymes : *Lentinus edodes* ;**

- **Synonymes français : lentin comestible, shiitake, shiitaké ;**

- **Nom(s) anglais, local(aux) et/ou international(aux) : Shiitake mushroom, Fragrant mushroom, Golden oak mushroom, Chinese black mushroom , Black forest mushroom, Cendawan, Cipa, Doong gwoo, Hed hom, Hmo chauk, Japanese brown mushroom, Leong goo, Papinii, Shan ku, Shiitake, Soke shamong, Thangjiyen, Uyen, Veipa, Xiang gu, Yexianggu ;**

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

Parties comestibles : champignon, épice, champignon, légume^{{{0(+x)}} (traduction automatique)} | **Original :** Fungus, Spice, Mushroom, Vegetable^{{{0(+x)}}} Les tiges fraîches peuvent être mangées mais les plus anciennes sont coriaces. Le champignon est bouilli ou cuit et mangé. Il est souvent consommé avec d'autres légumes. Il peut être séché et stocké. La saveur est meilleure une fois séchée. Il peut être ajouté aux soupes, frit, bouilli ou rôti à l'huile. Il est utilisé dans les omelettes, les sauces, les sauces, les plats de pâtes et il est utilisé dans les sushis au Japon

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)
89.6	84	20	2.4	0	0	0.3	0.5



néant, inconnus ou indéterminés.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), 7^e "Sturtevant's edible plants of the word" (livre en anglais, page 407, par Edward Lewis Sturtevant et U. P. Hedrick ; éditions Dover) ;

dont biographie/références de ⁰"FOOD PLANTS INTERNATIONAL" :

Adhikari, M. K., 2014, Addition and correction to the knowledge on edibility of wild mushrooms in Nepal: a discussion. *Bul. Dept. Pl. Res. N. 36, Nepal* p 5 ; Boa, E. R., 2004, Wild edible fungi and their importance to people. *FAO Non Wood Forest Products Booklet 17 (As Lentinus edodes)* ; Bremness, L., 1994, *Herbs. Collins Eyewitness Handbooks*. Harper Collins. p 290 ; Brouk, B., 1975, *Plants Consumed by Man*. Academic Press, London. p 65 ; Burkill, I.H., 1966, *A Dictionary of the Economic Products of the Malay Peninsula*. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 674 (As *Cortinellus berkeleyanus*) ; Cherubini, A. & Landi, S., *Andar per Funghi, Edizioni DieRe*, p 65 ; Chin, H. F., 1999, *Malaysian Vegetables in Colour*. Tropical Press. p 106 ; Chowdhury, M. M. H., et al, 2015, *Annals of Clinical Microbiology and Antimicrobials*, 14:8 ; Christensen, M., et al, 2008, *Collection and Use of Wild Edible Fungi in Nepal*. *Economic Botany*, 62(1), 2008, pp. 12-23 ; Crowe, A., 1997, *A Field Guide to the Native Edible Plants of New Zealand*. Penguin. p 162 (As *Lentinus edodes*) ; Devkota, S., 2008, *Distribution and Status of Highland mushrooms: A study from Dolpa, Nepal*. *J.Nat.Hist.Mus.Vol.23*, 2008, 51-59 (As *Lentinus edodes*) ; Dongol, et al, 1995, *Edible Mushrooms in Nepal (As Lentinus edodes)* ; efa-online.org, *Edible Fungi of Tropical Africa, Jardin botanique Meise* ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 253 (As *Lentinus edodes*) ; *Food Composition Tables for use in East Asia* <http://www.fao.org/infoods/directory> No. 507 (As *Lentinus edodes*) ; Hall, I. R., et al, 2003, *Edible and Poisonous Mushrooms of the World*. Timber Press. p 315 ; Hu, Shiu-ying, 2005, *Food Plants of China*. The Chinese University Press. p 268 (As *Lentinus edodes*) ; Imai, 1938, (As *Cortinellus edodes*) ; Kang, Y., et al, 2012, *Wild food plants and wild edible fungi in two valleys on the Qinling Mountains (Shaanxi, central China)* *Journal of Ethnobiology and Ethnomedicine*; 9:26 ; Kiple, K.F. & Ornelas, K.C., (eds), 2000, *The Cambridge World History of Food*. CUP p 318, 322, 1819, (As *Lentinus edodes*) and p 319 (As *Cortinellus edodes*) ; Latiff, A. et al, 1996, *Distribution of minerals in the pileus and stalk of some selected edible mushrooms*. *Food Chemistry* 56 (2): 115-121 ; Longvah, T. and Deosthale, Y. G., 1998, *Compositional and nutritional studies on edible wild mushroom from northeast India*. *Food Chemistry* 63(3): 331-334 (As *Lentinus edodes*) ; Mallikarjuna, S. E., et al, 2013, *Mineral Composition of Four Edible Mushrooms*. *Journal of Chemistry*, Article ID 805284, 5 pages ; Manzi, P., and Pizzoferrato, 2000, *Beta-glucans in edible mushrooms*. *Food Chemistry* 68:315-318 ; Mulherin, J., 1994, *Spices and natural flavourings*. Tiger Books, London. p 61 (As *Lentinus edodes*) ; Oh, S.S., et al, *Evaluation of antioxidant activity of Mycoleptodonoides aitchisonii, Sparassis crispa, Lentinus lepideus and Lentinula edodes*. XXIII IUFWO World Congress Forests for the Future: Sustaining Society and the Environment. ; Pace, G., 1998, *Mushrooms of the world*. Firefly books. p 126 (As *Tricholomopsis edodes*) ; Penjor, D. et al, 2014, *Wild mushrooms and their contribution to livelihoods and diet in Bhutan*. in *Promotion of Underutilized Indigenous Food Resources for Food Security and Nutrition in Asia and Pacific*. FAO. Bangkok p 70 ; Pfoze, N. L., et al, 2012, *Survey and assessment of floral diversity on wild edible plants from Senapati district of Manipur, Northeast India*. *Journal of Biodiversity and Environmental Sciences*. 1(6):50-52 (As *Lentinus edodes*) ; Schneider, E., 2001, *Vegetables from Amaranth to Zucchini: The essential reference*. HarperCollins. p 565 (As *Lentinus edodes*) ; Seidemann J., 2005, *World Spice Plants. Economic Usage, Botany, Taxonomy*. Springer. p 201 (As *Lentinus edodes*) ; Shaw, 1984, (As *Lentinus edodes*) ; Singh, P.K., Singh, N.I., and Singh, L.J., 1988, *Ethnobotanical Studies on Wild Edible Plants in the Markets of Manipur - 2*. *J. Econ. Tax. Bot. Vol. 12 No. 1* pp 113-119 (As *Lentinus edodes*) ; Singh, P.K., Singh, N.I., and Singh, L.J., 1988, *Ethnobotanical Studies on Wild Edible Plants in the Markets of Manipur - 2*. *J. Econ. Tax. Bot. Vol. 12 No. 1* pp 113-119 (As *Lentinus edodes*) ; Solomon, C., 2001, *Encyclopedia of Asian Food*. New Holland. p 239 (As *Lentinus edodes*) ; Sunrinrut, P. et al, 1987, *Protein, amino acids and some major and trace elements in Thai and Norwegian mushrooms*. *Plant Foods for Human Nutrition*. 37:117-125 (As *Lentinus edodes*) ; Thatoi, H. & Singdevsachan, S. K., 2014, *Diversity, nutritional composition and medicinal potential of Indian mushrooms: A review*. *African Journal of Biotechnology* 13(4): 523-545 (As *Lentinus edodes*) ; Thomson, G. & Morgan, W., (Ed.) 1999, *Access to Asian Foods Newsletter, Vic Govt., Australia Issue 7 (As Lentinus edodes)* ; Verma and Singh, 1981, (As *Lentinus edodes*) ; Waters, C T, Morgan, W C, McGearry, D J, 1992, *Oriental Vegetables*. AgMedia, Victoria, Australia p 107 (As *Lentinus edodes*) ; www.plantnames.unimelb.edu.au (As *Lentinus edodes*)