

# ***Pachyrhizus erosus* (L.) Urb., 1905 (Jicama)**

**Identifiants : 2385/pacero**

**Fiche réalisée par Patrick Le Ménahèze ([Le Potager de mes/nos Rêves](#))  
Dernière modification le 23/09/2020**

- **Classification/taxinomie :**
  - **Famille :** Leguminosae) ;
- **Synonymes :** *Pachyrhizus angulatus* Rich. ex DC. 1825 ;
- **Synonymes français :** *dolic bulbeux* ;
- **Nom(s) anglais et/ou international(aux) :** *yam bean, jicama, bangkoang (Javanais), daun Sabran (Malais), short podded Yam-bean (Short-podded Yam-bean, Colonies anglaises), dau (Annamite mandarin), san ruoang (Annamite vulgaire), cù Sang (local), ignamas (local)* ;
- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :** *Partie(s) comestible(s) : pods (gousses/cosses), tubercules, racine, graines, prudence, légume.*  
**Utilisation(s)/usage(s) culinaire(s) :**
  - le jeune tubercule est mangé cru ou cuit ; ils peuvent être bouillis, sautés, rôtis, braisés ou utilisés dans les soupes ; il peut également être picklés ; les tubercules peuvent être une source de fécule utilisée dans les crèmes et desserts ;
  - les jeunes gousses peuvent être consommées (elles doivent être bien cuites).



**Précautions à prendre :**

**(1\*)ATTENTION :** les vieilles gousses et les graines matures peuvent être toxiques.

- **Nombre de graines au gramme :** 5 à 6 ;
- **Liens, sources et/ou références :**

**dont classification :**

- ["The Plant List" \(en anglais\)](#) ;
- ["GRIN" \(en anglais\)](#) ;
- [INPI \(recherche en anglais\)](#) ;

**dont Google (recherche de/pour) "*Pachyrhizus erosus*" :** [pages](#), [images](#) / "*Jicama*" : [pages](#) ;

**dont livres et bases de données :** "FOOD PLANTS INTERNATIONAL" (en anglais), 76Le Potager d'un curieux - histoire, culture et usages de 250 plantes comestibles peu connues ou inconnues (livre, pages 182 à 189 [*Pachyrhizus angulatus* Rich. ex DC.], par A. Paillieux et D. Bois) ;

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

Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 420 ; Anderson, E. F., 1993, *Plants and people of the Golden Triangle*. Dioscorides Press. p 217 ; Arellanes, Y., et al, 2013, *Influence of traditional markets on plant management in the Tehuacan Valley*. *Journal of Ethnobiology and Ethnomedicine* 9:38 ; Barrau, J., 1976, *Subsistence Agriculture in Polynesia and Micronesia*. Bernice P. Bishop Museum, Bulletin 223 Honolulu Hawaii. Kraus reprint. p 61 ; Bodner, C. C. and Gereau, R. E., 1988, *A Contribution to Bontoc Ethnobotany*. *Economic Botany*, 43(2): 307-369 ; Brown, W.H., 1920, *Wild Food Plants of the Philippines*. Bureau of Forestry Bulletin No. 21 Manila. p 70 ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 3. Kew. ; Burkill, I.H., 1966, *A Dictionary of the Economic Products of the Malay Peninsula*. Ministry of Agriculture and Cooperatives, Kuala

Lumpur, Malaysia. Vol 2 (I-Z) p 1647 ; Casas, A., et al, 1996, *Plant Management Among the Nahua and the Mixtec in the Balsas River Basin, Mexico: An Ethnobotanical Approach to the Study of Plant Domestication*. Human Ecology, Vol. 24, No. 4 pp. 455-478 ; Chin, H. F., 1999, *Malaysian Vegetables in Colour*. Tropical Press. p 58 ; Chizmar Fernandez, C., et al, 2009, *Plantas comestibles de Centroamerica*. Instituto de Biodiversidad, Costa Rica. p 210 ; Cogley, L.S. (rev. Steele, W.M.) 2nd Ed., 1976, *An Introduction to the Botany of Tropical Crops*. Longmans. p 108 ; Cundall, P., (ed.), 2004, *Gardening Australia: flora: the gardener's bible*. ABC Books. p 972 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 109 ; FAO, 1993, *Valor Nutritivo Y Usis en Alimentacion humana de Algunis Cultivos Autoctonos Subexplotados de Mesoamerica*. FAO, Santiago, Chile. p 85 ; Foo, J.T.S.(ed), 1996, *A Guide to Common Vegetables*. Singapore Science Foundation. p 86 ; French, B.R., 1986, *Food Plants of Papua New Guinea, A Compendium*. Asia Pacific Science Foundation p 19 ; French, B.R., 2010, *Food Plants of Solomon Islands. A Compendium*. Food Plants International Inc. p 38 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 563 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 459 (As *Pachyrrhizus angulatus* and *Pachyrrhizus tuberosus* and probably *Phaseolus tuberosus* p 480) ; Henty, E.E., 1980, *Harmful Plants in Papua New Guinea*. Botany Bulletin No 12. Division Botany, Lae, Papua New Guinea. p 90, 92 ; Hermandez Bermejo, J.E., and Leon, J. (Eds.), 1994, *Neglected Crops*. 1492 from a different perspective. FAO Plant Production and Protection Series No 26. FAO, Rome. p 20 ; [http://palaeoworks.anu.edu.au/Nuno\\_PhD/04.pdf](http://palaeoworks.anu.edu.au/Nuno_PhD/04.pdf) re Timor ; ILLDIS Legumes of the World <http://www.ildis.org/Legume/Web> ; Jacquat, C., 1990, *Plants from the Markets of Thailand*. D.K. Book House p 50 ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2. p 18, 27 ; Kay, D.E., 1973, *Root Crops, Digest 2, Tropical Products Institute*, London, p 240 ; Kays, S. J., and Dias, J. C. S., 1995, *Common Names of Commercially Cultivated Vegetables of the World in 15 languages*. Economic Botany, Vol. 49, No. 2, pp. 115-152 (Also as *Pachyrrhizus tuberosus*) ; Larkcom, J., 1991, *Oriental Vegetables*, John Murray, London, p 63 ; Lembaga Biologi Nasional, 1977, *Ubi-Ubian*, Balai Pustaka, Jakarta. p 14 ; Macmillan, H.F. (Revised Barlow, H.S., et al) 1991, *Tropical Planting and Gardening*. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 326 ; Menisa, A. 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