

# Auricularia polytricha (Montagne) Saccardo

Identifiants : 3900/auripoly

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 02/05/2024

- Classification/taxinomie traditionnelle :

- Règne : Fungi ;
- Division : Basidiomycota ;
- Classe : Agaricomycetes ;
- Ordre : Auriculariales ;
- Famille : Auriculariaceae ;
- Genre : Auricularia ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Black fungus, Wood ear, Hairy Jew's ear, , Arage-kikurage, Biyae, Black shelf fungus, Cendawan telinga keras, Chiple, Cloud ear, Daliga, Hakeka, Hed hoo noo, Hed hunu, Hunu, Jelly mushroom, Kikurage, Kuping jamu, Kuping tikus, Kyet neywet, Majiamdzum, Maomuer, Nam meo long, Mo-er, Mook yee, Mu-er, Pachei, Phset chheu, Psoet tratchik kandai, Silver ear, Tree ear, Wood fungus, Wun yee, Xer-bla-ble ;

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

Parties comestibles : champignon, épice, champignon, légume<sup>{{0(+x)}} (traduction automatique)</sup> | Original : Mushroom, Spice, Fungus, Vegetable<sup>{{0(+x)}}</sup> Le champignon est utilisé à la fois frais et séché. Il est utilisé dans les salades aigres et dans les soupes. Il peut également être frit avec du poulet. Il garde sa texture croquante s'il n'est ajouté aux plats que dans les dernières minutes de cuisson

Partie testée : champignon séché<sup>{{0(+x)}} (traduction automatique)</sup>  
Original : Mushroom dried<sup>{{0(+x)}}</sup>

| Taux d'humidité | Énergie (kj) | Énergie (kcal) | Protéines (g) | Pro-vitamines A (µg) | Vitamines C (mg) | Fer (mg) | Zinc (mg) |
|-----------------|--------------|----------------|---------------|----------------------|------------------|----------|-----------|
| 14.8            | 1188         | 284            | 9.3           | 0                    | 0                | 5.9      | 1.3       |



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 : <sup>0</sup>"Food Plants International" (en anglais) ;

dont biographie/références de <sup>0</sup>"FOOD PLANTS INTERNATIONAL" :

Boa, E. R., 2004, *Wild edible fungi and their importance to people*. FAO Non Wood Forest Products Booklet 17 ; Cengel, D. J. & Dany. C., (Eds), 2016, *Integrating Forest Biodiversity Resource Management and Sustainable Community Livelihood Development in the Preah Vihear Protected Forest*. International Tropical Timber Organization p 109 ; Cribb, A.B. & J.W., 1976, *Wild Food in Australia*, Fontana. p 200 ; Crowe, A., 1997, *A Field Guide to the Native Edible Plants of New Zealand*. Penguin. p 126 ; Dongol, et al, 1995, *Edible Mushrooms in Nepal* (Also as *Auricularia temperata*) ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 250 ; Food Composition Tables for use in East Asia FAO <http://www.fao.org/infoods/directory> No. 557 ; Gryzenhout, M., 2010, *Mushrooms of South Africa*. Pocket Guide. Struik. p 118 ; Hall, I. R., et al, 2003, *Edible and Poisonous Mushrooms of the World*. Timber Press. p 261 ; Hu, Shiu-ying, 2005, *Food Plants of China*. The Chinese University Press. p 266 ; Jacquat, C., 1990, *Plants from the Markets of Thailand*. D.K. Book House p 31 ; Jansen, A. A. J., et al, (Eds), 1990, *Food and Nutrition in Fiji*. Volume One. p 52 ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 113 ; Kiple, K.F. & Ornelas, K.C., (eds), 2000, *The Cambridge World History of Food*. CUP p 317, 1758, 1819 ; Low, T., 1992, *Bush Tucker*. Australia's Wild Food Harvest. Angus & Robertson. p 168 ; Medhi, P. & Borthakur, S. K., 2012, *Phytoreources from North Cachur Hills of Assam -3: Edible plants sold at Hflong market*. Indian Journal of Natural Products and Resources. 3(1) pp 84-109 (*As polysticha*) ; Medhi, P. & Borthakur, S. K., 2013, *Wild edible plants sold by the Zeme Nagas at the makeshift market of Mahur, Dima Hasao district of Assam*. Pleione 7(1): 84 - 93. 2013 (*As polysticha*) ; Medhi, P., Sarma, A and Borthakur, S. K., 2014, *Wild edible plants from the Dima Hasao district of Assam, India*. Pleione 8(1): 133-148 (*As polysticha*) ; Mulherin, J., 1994, *Spices and natural flavourings*. Tiger Books, London. p 61 ; Ochse, J.J. et al, 1931, *Vegetables of the Dutch East Indies*. Asher reprint. p 72 ; Ogle, B. M., et al, 2003, *Food, Feed or Medicine: The Multiple Functions of Edible Wild Plants in Vietnam*. Economic Botany 57(1): 103-117 ; Quininez-Martinez, M., et al, 2014, *Knowledge and use of edible mushrooms in two municipalities of the Sierra Tarahumara, Chihuahua, Mexico*. Journal of Ethnobiology and Ethnomedicine 10:6 ; Ruan-Soto, F. et al, 2006, *Process and dynamics of traditional selling wild edible mushrooms in tropical Mexico*. Journal or Ethnobiology and Ethnomedicine. 2:3 ; Sang, D. T., & Mizoue, K. O. N., 2012, *Use of Edible Forest Plants among Indigenous Ethnic Minorities in Cat Tien Biosphere Reserve, Vietnam*. Asian Journal of Biodiversity Vol. 3 (1), p 23-49 ; Schneider, E., 2001, *Vegetables from Amaranth to Zucchini: The essential reference*. HarperCollins. p 698 ; Solomon, C., 2001, *Encyclopedia of Asian Food*. New Holland. p 237 ; Staples, G.W. and Herbst, D.R., 2005, *A tropical Garden Flora*. Bishop Museum Press, Honolulu, Hawaii. p 281 ; 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 ; Thaman, R.R., 1976, *The Tongan Agricultural System*, University of the South Pacific, Suva, Fiji. p 382 ; 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 ; Tibuhwa, 2013, *Wild Mushroom - an underutilized healthy food resource and income generator: experience from Tanzania rural areas*. Journal of Ethnobiology and Ethnomedicine 9:49 ; Uphof, ; van Dijk, H., et al, 2003, *Knowledge and Utilization of Edible Mushrooms by Local Populations of the Rain Forest of South Cameroon*. Ambio Vol. 32, No. 1.pp 19-23 ; Wikipedia