PLANT FACT SHEET

Boletus edulis Bulliard ex Fries

GENUS *Boletus* **FAMILY** Boletaceae

COMMON NAMES Sponge Fungus, Cep, King bolete, Penny bun

EDIBLE PARTS AND USES

Edible parts: Fungus, Mushroom, Spice, Vegetable

It is used blanched in salads and soups.
The fruiting bodies can be eaten fresh but also dried.
It is also powdered and preserved in oil.
The fruiting body is used in salads, roasted, fried, stewed and in sauces and pickled in oil. They are used in risotto, pasta, omelettes, and other dishes. They can be grilled, sauteed or baked.

DESCRIPTION

A mushroom. It is a common mushroom up to 15-20 cm high. The cap is umbrella shaped. It has tubes instead of gills. It has a large stalk base up to 5 cm across. It is dark brown.

HABITAT

It is found under shrubs and trees after heavy rain. It is eaten by the Dani in Papua Indonesia. In Nepal it grows in moist shady places in mixed forest. In Yunnan.

PRODUCTION

Harvesting and Seed Production

The mushroom can weigh 2.5 kg and be 30 cm across.

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