

Black truffle

All you need to know about this extraordinary fungi



by Fran Arenas

Name of the product

Black truffle **الكما الاسود الشتوي**

What is the product?

The hypogeous fruitbody of the fungal species *Tuber melanosporum*.

Benefits and virtues

The black truffle is a highly prized food for its unique aroma including more than 50 volatile compounds (Tejedor-Calvo et al. 2021). Moreover, it is known that they are rich in protein, fat, dietary fibre, ash, essential aminoacids, and metals. The identification of its components such as ergosterol, brassicasterol, polysaccharides (β -glucans), and phenolics, as well as the validation of nutritional benefits as antioxidant, anti-inflammatory, antitumor and antimicrobial effects have been reported (Patel et al. 2017).

In addition, thanks to other bioactive compounds truffle extracts have a potential immunomodulatory activity (Tejedor-Calvo et al. 2020).

How is it used?

It is recommended to be consumed fresh in grated or thinly sliced form to keep the aroma and texture intact, but it can also be consumed frozen, canned with its juice or in truffled products.



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With what?

Pairs well with potatoes, eggs, foie gras, cheese, fish, leeks, celery or endive.

Famous dishes

Truffled scrambled eggs with grated truffle and toasted bread with olive oil and truffle slices.

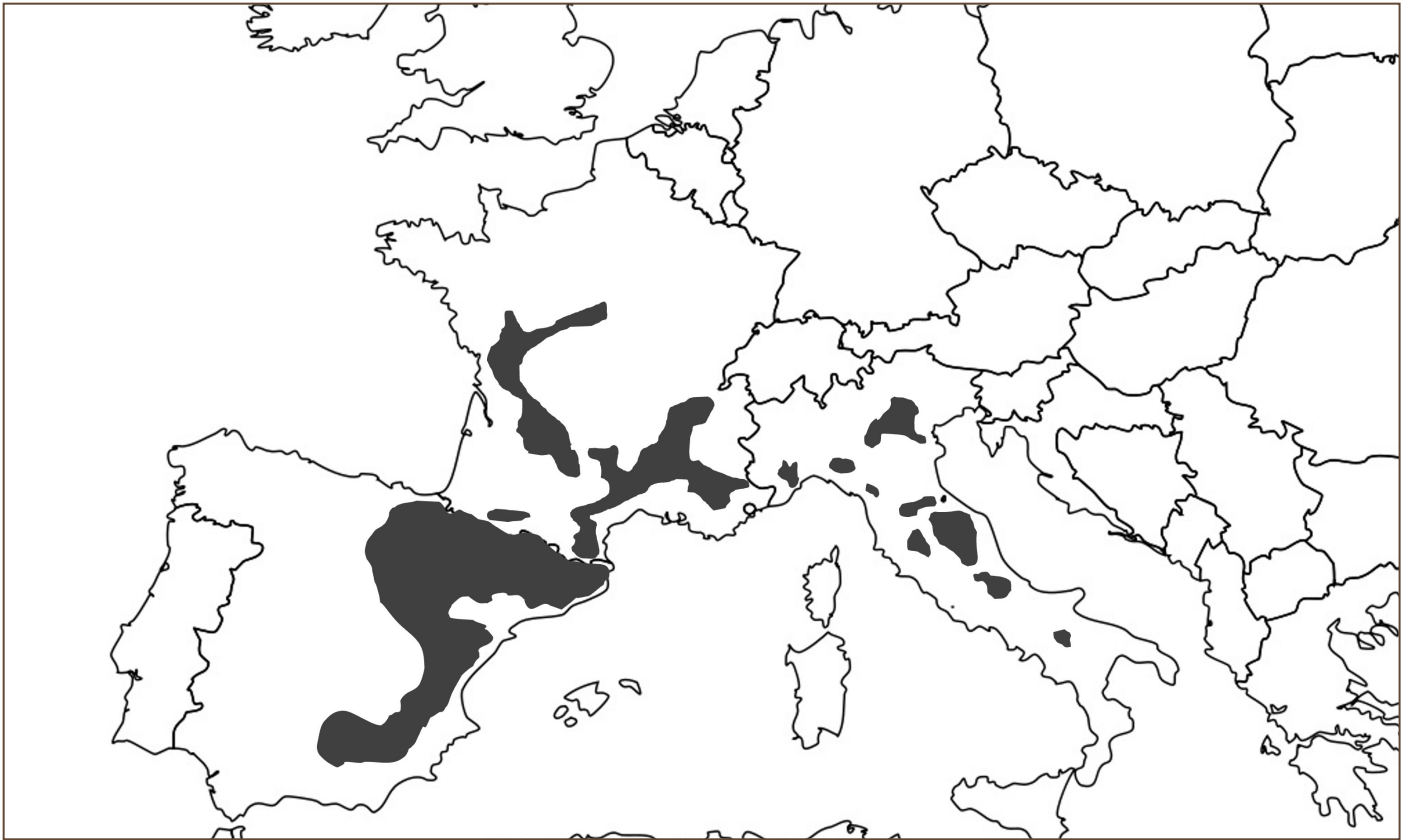


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Innovative uses

Cosmetic products

Distribution area of the black truffle *Tuber melanosporum* in Europe



Suggested websites

www.trufforum.com
www.productorstofona.cat

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