

Uses

ID	1,514
Crop ID	Jicama Yam Bean
Part	Root
Use Category	Food
Notes	Edible root - raw or cooked. Crisp, sweet and juicy, it tastes somewhat like an apple when raw and a water chestnut when cooked. It also stays crisp after being cooked, which makes it a popular substitute for water chestnuts in Chinese cooking. A starch extracted from the root is used in custards and puddings.
Metadata ID	5,575