

Amaranthus tricolor

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Amaranthus tricolor, also called **edible amaranth**,^[3] is a species in the genus *Amaranthus* (family Amaranthaceae).

The ornamental plant is known as *bireum* in Korea,^[3] *tampala*, *tandaljo*, or *tandalja bhaji* in India,^[4] *callaloo* in the Caribbean, and Joseph's coat after the Biblical figure Joseph, who is said to have worn a coat of many colors. Although it is native to South America, many varieties of amaranth can be found across the world in a myriad of different climates due to it being a C4 carbon fixation plant, which allows it to convert carbon dioxide into biomass at an extremely efficient rate when compared to other plants. Cultivars have striking yellow, red, and green foliage.

The leaves may be eaten as a salad vegetable as well as the stems. In Africa, it is usually cooked as a leafy vegetable.^[5] It is usually steamed as a side dish in both China and Japan.

It appears on the coat of arms of Gonville and Caius College, Cambridge, where it is called "flowers gentle".

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Amaranthus gangeticus

Amaranthus gangeticus is considered a synonym of *A. tricolor*,^[6] but has been recognized as a separate species in the past. *A. gangeticus* is also known as elephant-head amaranth. It is an annual flowering plant with deep purple flowers. It can grow from 2–3 feet in height. In Bangladesh, it has been used as a leafy vegetable. It may inhibit calcium retention in rice-based diets.^[7]

Culinary uses

Korea

In Korea, the plant is referred to as *bireum*(비름). Small-leaved, reddish-stalked *chambireum*(참비름, "true *bireum*") is used as a *namul* vegetable in Korean cuisine. It is a wild green that grows abundantly in the countryside and tends to be foraged rather than planted and harvested.^[8] *Bireum* has an earthy and nutty flavor, and goes well with both *gochujang* and soup soy sauce.^[8]

Dishes

<i>Amaranthus Tricolor</i>	
 <div>A photograph of a vibrant <i>Amaranthus tricolor</i> plant with yellow, red, and green foliage.</div>	
<i>Amaranthus tricolor</i>	
Scientific classification	
Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(unranked):	Core eudicots
Order:	Caryophyllales
Family:	Amaranthaceae
Genus:	<i>Amaranthus</i>
Species:	<i>A. tricolor</i>
Binomial name	
<i>Amaranthus tricolor</i>	
L.	
Synonyms ^[2]	
List	

- *Bireumnamul* – a type of *namul*, is made by blanching the edible amaranth, squeezing it to drain water, and seasoning with *doenjang* or *gochujang*, sesame oil, chopped scallions, chopped garlic, and toasted sesame seeds. *Bireumnamul* goes well with *boribap*(barley rice).^[9]

References

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External links

- PROTAbase on *Amaranthus tricolor* (http://database.prota.org/dbtw-wpd/exec/dbtwpub.dll?AC=QBE_QUERY&BU=http%3A%2F%2Fdatabase.prota.org%2Fsearch.htm&TN=PROTAB~1&QB0=AND&QF0=Species+Code&QI0=Amaranthus+tricolor&RF=Webdisplay)
- *Amaranthus tricolor* (<http://www.eol.org/pages/597119>) at the Encyclopedia of Life
- *Amaranthus tricolor* L. (http://libproject.hkbu.edu.hk/was40/detail?lang=en&channelid=1288&searchword=herb_id=D00738) Medicinal Plant Images Database (School of Chinese Medicine, Hong Kong Baptist University) (in traditional Chinese) (in English)

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