



Lion's Mane is a sophisticated and versatile ingredient that requires a subtle approach to preserve its unique properties.

1. Properties and edibility

Texture: Fresh mane is firm but juicy. Its characteristic "twigs" are brittle and become tender and slightly crunchy when heated. **Taste:** The taste is mild but distinct. The dominant flavor is with noticeable notes of molluscs (shrimp, lobster). **Aroma:** Fresh has a slightly earthy but pleasant aroma.

2. Key Instruction: Raw not as tasty

Mane is not eaten raw. In its raw state, it can be quite tough and may have a slightly irritating or even bitter taste (which disappears completely with heat). Cooking, baking or roasting is mandatory to develop its full aromaticity and soft texture.

3. Preparation Before Cooking

Cleaning: Lion's mane is a sponge, so do not wash it under water. Clean it with a dry paring knife or soft brush. If necessary, rinse it quickly under running water and dry thoroughly with a paper towel. **Cutting:** Smaller heads can be left whole. Cut larger heads into thicker slices (1-2 cm) to preserve juiciness. For "pseudo-shrimp", you can tear it with your hands into smaller, natural pieces, which more closely mimic the texture of shrimp.

4. Recommended Cooking Techniques

Mane has a high water content, so it is excellently prepared with techniques that allow the water to evaporate and turn golden brown.

A. Frying in a Pan (Most Common Method)

Method: Heat a sufficient amount of oil (e.g. olive oil) in a wide frying pan. Place the mushroom in the pan and fry it over medium to high heat. **Key to success:** Don't overcook! Let the mushrooms brown nicely on one side and turn golden brown. This can take 3-5 minutes. Then flip and repeat. Salt only towards the end so you don't release too much juice. **Temperature:** Medium-high.

B. Baking in the Oven

Method: Brush the mushrooms with oil, salt and pepper. Place on a baking sheet. **Temperature:** 190-220°C. **Time:** Bake for 15-25 minutes (depending on size) until the edges are golden brown and the texture is crispy.

C. Grilling

Result: Adds a smoky flavor. **Method:** Brush the cleaned and sliced mushrooms with oil. Place on a moderately heated grill. **Temperature:** Medium. **Time:** Fry for 4-6 minutes per side until nicely browned and soft.

5. Culinary Uses in Hospitality Kitchens

As "Vegan Shrimp": Fry in a pan with garlic, thyme and a little paprika. Serve as a main course or as an addition to risotto.

In Risottos and Pastas: Add at the end of cooking to maintain texture. It goes great with white wine, cream and parmesan.

As "Bacon" or "kebab meat": Very thin slices, fried in a pan or in the oven, become very crispy and can be used as a layer for salads or in sandwiches.

Stuffing or Sauce: Crushed or chopped mane is an excellent base for filling in pancakes or as a sauce for meat.

6. Storage

Fresh: Store in the refrigerator in a paper bag, not plastic. Lasts **7-10 days**. **Cooked:** Cooked mane is best eaten immediately. Leftovers can be refrigerated for up to **3 days** and quickly reheated in a pan.

Treat it as a sophisticated ingredient that needs to be lightly seasoned and properly prepared to reveal its unique flavor that will delight your guests.

Sharon and Aleš are specialists in Lion's Mane, which we grow at the border crossing with Italy (Mednarodni prehod 8, Šempeter pri Gorici). We ensure regular delivery on the agreed day. We are your partner for fresh and dried Lion's Mane.

Our mission is to make this healthy and delicious mushroom accessible to a wider range of people. Support us in our mission and provide guests with access to healthy and delicious mushrooms through your delicious culinary masterpieces.

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MEDICINAL AND GOURMET MUSHROOM



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*Lion's Mane
Hericum erinaceus*

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Beneficial effects on the nervous system, against dementia and multiple sclerosis, and stomach problems. *Hericium erinaceus* or in Slovenian, Lion's Mane is a delicious edible and medicinal mushroom with a distinctive appearance.



Lion's Mane
Hericium erinaceus

It is rare that a medicinal mushroom also has an exceptional taste and a meat-like texture. People around the world prefer to enjoy Lion's Mane in the dishes you see in the pictures. You will certainly enrich your preparation methods and create new dishes by being creative.

In traditional Chinese medicine, it is valued for its numerous medicinal effects, which is also confirmed by modern research. Lion's Mane is particularly known for its beneficial effects on the nervous system, which is why the mushroom is also called "natural nutrient for neurons".

Lion's mane protects against **dementia** and **neurodegenerative diseases**, **improves brain function** and **acts against depression and anxiety**. In addition, it has antitumor effects by **stimulating the immune system** and is used to **treat stomach and esophageal cancer**, as well as **gastritis and stomach or duodenal ulcers**. The mushroom also has **antioxidant** and **antimicrobial** properties, **lowers blood pressure** and sugar, and **regulates blood cholesterol levels**, thereby **preventing the development of diabetes and cardiovascular disease**, without causing unwanted side effects (Powell, 2010; Khan et al., 2013).

Hericium erinaceus is a **tasty** and **nutritious** mushroom, **low in fat** (mainly unsaturated fatty acids) and relatively **high in protein**. Compared to other edible mushrooms, it has a higher quality amino acid composition and the highest biological value, making it an excellent meat substitute for vegan diets. Due to its beneficial nutritional and medicinal properties, the **Lion's Mane is very suitable for inclusion in the daily diet by preparing tasty and healthy meals** (Powell, 2010).

Scientists have discovered various biologically active substances in the mushroom *Hericium erinaceus*, from the β -glucan polysaccharides typical of mushrooms and more pharmacologically interesting, which strengthen the immune system and thus have antitumor effects, to ergosterol (provitamin D2) and phenols with antioxidant properties (Khan et al., 2013).

Probably the most important groups of active ingredients in the erinaceus mushroom are **hericenones** and **erinacins**, isolated from the mycelium or fruiting bodies of the fungus. These compounds stimulate the synthesis of catecholamines and **nerve growth factor** in the central nervous system, which is important for the growth, survival and support of nerve cells, and in this way *Hericium erinaceus* has a beneficial effect on the nervous system (Ma et al., 2010; Shimbo et al., 2005).

Clinical studies on **dementia patients** who consumed Lion's Mane improvements in their cognitive abilities (understanding, communication, memory, etc.), increased functional independence (feeding, dressing, walking, etc.), and reduced depression and anxiety (Khan et al., 2013).

Furthermore, in studies conducted on nerve cells, mushroom extract showed an increased process of myelination, or the formation of the myelin sheath, which is destroyed in **multiple sclerosis** (Kolotushkina et al., 2003), and **stimulated nerve regeneration after injury** (Wong et al., 2012).

Hericium erinaceus has also shown **antibacterial effects** in clinical studies, **eliminating MRSA** (methicillin-resistant *Staphylococcus aureus*) infection in many patients and inhibiting the bacterium in **89.5%** of patients infected with ***Helicobacter pylori***, thus treating gastritis and stomach ulcers (Powell, 2010; Donatini, 2014).



Link: Video



People love attractive, exclusive dishes that are tasty, healthy and have interesting names like Lion, Lioness...

1kg of fresh Lion's Mane has a volume of 10-15 liters for approximately 4-8 meals.