



LIONS MANE RECIPE

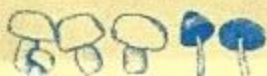
CRABLESS CRAB CAKE



MOJO
MUSHROOMS

INGREDIENTS

- 1/2 pound lions mane
- 1 bunch fresh parsley- chopped (save a small amount unchopped for garnish)
- 1 egg
- 1/2 cup crushed saltines
- 1/2 teaspoon dijon mustard
- 1/2 teaspoon yellow mustard
- 1 tablespoon mayonnaise
- 1 tbsp old bay (optional)
- 1 lemon sliced into wedges (optional)





INSTRUCTIONS




- Preheat your oven to 375 degrees
- Tear lions mane into lumps and sautee in a pan with a generous drizzle of oil or butter
- While the sauteed lions mane cools down, combine all ingredients (except lemon) thoroughly in a bowl. Add lions mane once it has cooled off and mix thoroughly
- Form your mix into loosely packed balls and add to an oven- safe frying pan with a moderate amount of oil drizzled on the pan and over the cakes
- Sautee your cakes on the stove until they are browned on one side, then flip the cakes and put your pan in the oven for 6- 8 minutes
- Remove your cakes from the stove when they are thoroughly cooked. Finish with a garnish of parsley and a lemon wedge

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