



LION'S MANE CRAB CAKES

A delicious crab cake recipe made with the illustrious Lion's Mane mushroom. Perfect for an app or main dish, this recipe is sure to be a crowd-pleaser. NOTE: This recipe can be substituted with vegan ingredients.

INGREDIENTS

1 Container Lion's Mane

Seasoning Ingredients:

Chopped Parsley & 2 Scallions

Parmesan (vegan) Cheese

Dash of Old Bay & Cayenne

Salt & Pepper

Wet ingredients:

1 Egg (or vegan binder)

1 Tbsp (vegan) Mayonnaise

Other ingredients:

¼ Cup Bread Crumbs

Butter (or Oil) for Frying

DIRECTIONS

- 1 Remove the hard stem or base of the Lion's Mane and cut the mushroom into ½ inch slices. Dry the slices at 200°F for 15 minutes or until they start to lose a bit of moisture (be careful to not dry for too long, as they'll shrivel away).
- 2 Chop coarsely and add to the seasoning ingredients. Mix in the wet ingredients and then the bread crumbs.
- 3 Make into patties and put in the refrigerator for 15-20 minutes to solidify.
- 4 Sauté with butter or oil and fry until golden brown with a crunchy texture.

TIP: Pair with a spicy (vegan) mayo or similar sauce to complement. Check out @fatcaps_mushrooms instagram for step-by-step instructions in our saved Stories.