



Lion's Mane Mushroom Cakes

(PROVIDED BY THE DANIEL KRUEGER, FRESH MANAGER OF THE KEWEENAW CO-OP)



Yield: 3-4 servings

Ingredients

- 8 oz lion's mane mushroom
- 1 egg
- ½ cup panko breadcrumbs
- ¼ cup sliced green onions
- 1 tbsp mayonnaise
- 1 tsp horseradish
- ¾ tsp old bay seasoning
- 1 tsp Dijon mustard
- 1 tbsp fresh parsley, finely chopped
- ¼ tsp salt (or to your taste)
- ¼ tsp black pepper
- 2-3 tbsp olive oil
- Lemon wedges, for garnish

Instructions

Shred lion's mane mushroom by hand, into small pieces resembling the texture of flakey crab.

In a large bowl, combine egg, mayonnaise, green onion, old bay seasoning, Dijon mustard, parsley, salt and pepper. Mix until fully incorporated.

Mix in lion's mane mushroom until fully incorporated.

Mix in Panko breadcrumbs until fully incorporated.

Form mixture into 3-4 equal size round flat patties (about ½ to ¾ inch thick).

Heat olive oil in sauté pan on medium-high heat.

Cook patties for approximately 2-3 minutes per side. Should be golden brown and cooked throughout.

Garnish with lemon wedges to squeeze and enjoy!

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Description

Lion's mane mushroom cakes are a great way to try mushrooms in a unique and flavorful way! This recipe would be great for a meatless Monday entrée and should take less than 30 minutes to make. The Lion's mane mushroom is best known for its crab or lobster-like texture and research indicates it may have many health benefits, especially for gut, brain and heart health.



Farmers Market Finds

- Lions Mane Mushroom
- Eggs
- Green Onions
- Parsley



Grocery Store Grabs

- Lemon
- Panko Breadcrumbs
- Mayonnaise
- Horseradish
- Old Bay Seasoning
- Dijon Mustard
- Olive Oil
- Salt & Pepper

Local Chef & Recipe

Daniel Krueger is the Fresh Manager and brains behind many of the recipes served at the Keweenaw Co-Op. The Keweenaw Co-Op is located in Hancock, Michigan and strives to sustain the physical and social health of their owners, customers and community by providing a variety of fresh and local produce (when available), in addition to a multitude of other healthy offerings.

Substitutes

- Could use gluten-free Panko or gluten-free breadcrumbs in place of Panko.
- Could leave out horseradish, if you dislike the taste or is too spicy.
- Could use whatever type of mustard you prefer in place of Dijon mustard.

Pairs with

This refreshing entrée would pair well with grilled or sauteed summer veggies or a crisp side salad. Potato salad, roasted potatoes or corn on the cob would also work well with this dish. Fresh fruit or a fruit salad would be a satisfying and healthy sweet addition to the meal as well.