



### Lion's Mane Crab Cake

8 oz Lion's Mane mushroom

1 egg

½ cup panko breadcrumbs

¼ cup onion (finely diced)

1 tablespoon mayonnaise

1 teaspoon Worcestershire sauce

¾ teaspoon Blackening seasoning

1 teaspoon Dijon mustard

1 tablespoon parsley (finely chopped)

¼ teaspoon salt (to your taste)

¼ teaspoon black pepper

2-3 tablespoon oil (to fry cakes)

2 optimal garnish: lemon wedges

## **Instructions**

1. Hand shred Lion's Mane Mushroom into small pieces resembling texture of flakey crab.
2. In large bowl, combine egg, mayonnaise, onion, Worcestershire sauce, Blacking seasoning, Dijon mustard, parsley (finely chopped), salt and pepper. Mix until fully incorporated.
3. Mix in Lion's Mane Mushroom until fully incorporated.
4. Mix in Panko breadcrumbs until fully incorporated.
5. Form mixture into 3-4 equal size round flat patties (about  $\frac{1}{2}$  to  $\frac{3}{4}$  inch thick).
6. Heat oil in sauté pan on medium/high heat.
7. Cook patties for approximately 2-3 minutes per side. Should be golden brown and cooked throughout.
8. Add optional garnish, squeeze of lemon and enjoy!