Lion's Mane "Crab" cakes

1 lb. fresh Lion's Mane (Pom Pom mushrooms)

2 cups Panko

1 teaspoon Mirin

1 teaspoon Thai fish sauce

1 tablespoon Dijon mustard

1 teaspoon paprika

1 large egg

2 cloves fresh garlic pureed

1 bunch fresh parsley chopped rough

1 bunch fresh mint chopped rough

2 tablespoons mayonnaise

salt and pepper to taste

1 - Tear the heads of Lion's Mane into bite size pieces

2 - Heat a thin film of high heat oil (avocado or coconut oil) in a large sauté pan until the oil starts to have ripples.

3 - Working in batches, sear the mushrooms pieces until they begin to brown and caramelize. Flip and repeat.

4 - Allow mushrooms to cool.

5 - In a large mixing bowl, mix the mushrooms with the fish sauce, mirin, egg, mustard, chopped herbs, spices, and mayonnaise.

6 - Mix gently by hand.

7 - Add the Panko (beginning with one cup) to get the desirable consistency. Not too wet, but not so dry as to fall apart.

8 - For mixture into patties (will make approximately four large cakes)

9 - Add a small amount of butter and some olive oil to the sauté pan, bring to a medium heat

10 - Brown the patties on both sides (about five minutes per side)

11 - Add your favorite tartar sauce, or try some fresh garlic blended into mayonnaise.

Enjoy

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