



FOUR WALL FARM GOURMET MUSHROOMS

LION'S MANE MUSHROOM CREAMY PASTA SAUCE

I enjoy the texture of lion's mane here. It absorbs the rich flavoring like a little sponge. I don't think that this recipe brings out all of the crabby qualities of the lion's mane, but here the texture of this unique mushroom shines. You can throw this dish together within 20 minutes. The recipe is acceptable for a keto diet, and can be readily adapted to be more healthy or even vegan by substituting for butter and cream. See more recipes at www.4wallfarm.com—KC

INGREDIENTS

4 oz of Lion's Mane mushroom
1tbsp olive oil
3 tbsp butter, divided
¼ cup minced shallot
1 garlic clove minced
1 plum tomato, diced
1/2 tsp red chili pepper flakes (optional)
1/2 tsp Old Bay seasoning*
1/2 tbsp. lemon juice
1/4 cup white wine
1/2 tsp salt
1/2 cup heavy cream
Pasta of choice (fresh spaghetti recommended)



*I use a home-made Old Bay substitute that I really enjoy, because then the spice is super fresh. I found the recipe on www.gourmetsleuth.com. Google "Old Bay Substitute" or "replace Old Bay seasoning" if you want to try that recipe

INSTRUCTIONS:

Slice mushroom into pieces approximately 1/2 inch thick and 2 inches wide. The size of the slice will help determine the texture of the finished mushroom—experiment to see how you like it best. Heat the oil and 2 tbsps of the butter over medium high heat. If you like heat, put the chili flakes in now to toast. When the oil is hot, add the mushrooms and gently toss to coat in the oil. Add shallots and garlic. Sauté until translucent, around one minute. Increase the flame to high and add the lemon juice. Stir and let it sizzle for about 15 seconds, till most of the juice is gone. Add the salt, the old bay and the wine. Reduce heat, cover, and let simmer while the juices combine, 3-5 minutes. Uncover and increase heat to medium high. Add diced tomatoes and cream. Stir as the cream simmers and reduces, another 3-5 minutes. Finish by adding the last tbsp of butter and stirring (This step makes a very rich sauce.)

For best flavor, serve over fresh pasta of your choice.