



LION'S MANE MUSHROOM NO-CRAB CAKES

This wonderful mushroom has the texture of crab, and easily takes on the flavor. These delicious cakes can be served as an appetizer if made a little smaller, or as an entrée. I made this recipe with crab one day, and mushroom the next, and no one could see or taste the difference! See more recipes at www.4wallfarm.com—KC

INGREDIENTS

FOR CAKES:

8oz of Lion's Mane mushroom
¼ cup minced onion
2 tbsp minced red bell pepper
2tbsp minced green bell pepper
1/3 cup panko crumbs
2 egg yolks (egg substitute for vegan)
1/2tbsp Old Bay Seasoning*
1/4 tsp Worcestershire sauce (eliminate for vegan)
1-2tbsp olive oil, for cooking

FOR BREADING:

4 tbsp panko crumbs
1 tbsp flat leaf parsley, minced
1tbsp melted butter (or melted coconut fat)
2-3 tbsp olive oil

FOR REMOULADE:

1/3 cup mayonnaise (for this, olive oil Hellman's is very good OR use a vegan mayo)
1tsp Dijon mustard
¼ tsp Worcestershire sauce (eliminate for vegan)
1tbsp sweet pickle relish
1tbsp dill pickle juice
1tsp red hot sauce
1tsp (or to taste) Tabasco
1 tsp paprika
1 clove garlic, minced well or pressed



*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" for alternatives.

INSTRUCTIONS:

Line a roasting pan with waxed paper. By hand, shred the mushroom by tearing from the outside "puffy" edges to center. Run your knife through it several times to make the pieces smaller (but larger than a mince); they will form better into a patty shape. In non-stick pan, heat approximately ½ tbsp olive oil (you don't want the mushroom to stick to the pan, but you don't want it greasy. Use the minimum that works for your pan). Add mushrooms, toss, and turn heat medium. Sauté mushrooms, stirring, until they release their liquid and the liquid disappears. Be sure to minimize browning, which will change the texture. Drain in a strainer. Set aside to cool. Heat ½ tablespoon or appropriate amount of olive oil. Add onions and peppers. Over medium heat, sauté till onions are translucent and peppers are soft, about 5 minutes. It is important that they do not brown. Transfer to a bowl and allow to cool.

In a medium bowl, prepare the breading. Combine the panko crumbs, parsley and melted butter. Mix well and set aside.

Prep the patties. Add the panko crumbs, egg yolks, Worcestershire sauce and seasoning to the onions and peppers. Fold the sautéed mushrooms into the onion and pepper mixture. Shape into 4 medium patties (Could also be large single patties). If the patties don't stick, add more egg. On a small plate, bread both sides of the patties, place on wax paper. Put pan in freezer for 20 minutes. Make the remoulade. (If you would like, at this point, you can allow them to freeze completely. They will keep well wrapped in your freezer. Thaw before cooking.)

After 20 minutes, remove patties from freezer. Heat one to two tbsps olive oil. Fry patties till golden brown, approximately 3 minutes on each side.

