



## Lion's Mane "Crab" Cakes

8 ounces fresh Pom Pom (Lion's Mane) mushrooms  
2 Tablespoons oil (avocado, coconut, or vegetable) or as needed  
1/2 teaspoon Mirin  
1/2 teaspoon Thai fish sauce  
1/2 Tablespoon Dijon mustard  
1/2 teaspoon mild paprika  
1 large egg  
1 Tablespoon mayonnaise  
1 clove garlic, minced  
1/4 teaspoon salt or to taste  
1/8 teaspoon ground black pepper or to taste  
1/4 cup chopped fresh parsley  
1 Tablespoon chopped fresh mint  
1 Tablespoon chopped fresh chives  
1 Tablespoon red pepper relish (optional)  
1 cup Panko bread crumbs or as needed  
1 Tablespoon unsalted butter  
1 to 2 Tablespoons oil  
Garnish: Red Pepper Relish as desired or Tartar Sauce Mayonnaise  
Fresh parsley sprigs as desired

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

Heat oil on medium high heat in a large hot pan. Place half of mushrooms pieces evenly in pan; cook until they begin to brown or caramelize about 2 to 3 minutes; stir occasionally. Remove from pan; add oil to pan if needed; cook remaining mushrooms. Remove; set aside to cool.

In large bowl, mix Mirin, fish sauce, mustard, paprika, egg, mayonnaise, garlic, salt, and pepper. Add cooled mushrooms, parsley, mint, chives, and pepper relish. Fold in bread crumbs to form “crab” cake consistency.

On piece of waxed paper, form into 3 cakes; place on plate; chill in refrigerator for about 30 minutes.

**Pan Frying Cakes:** Add butter and oil to hot pan; bring to medium to medium high heat. Brown cakes on both sides (about 5 minutes per side)

Remove to paper lined plate.

Serve warm topped with red pepper relish or seasoned mayonnaise. Garnish with fresh parsley sprigs as desired.

Serves: 3 Lion’s Mane Cakes

**Recipe Inspired by:** Alan Kaufman – [www.lshibumifarms.com](http://www.lshibumifarms.com)

From The Woodlands at Phillips <http://www.thewoodlandsatphillips.com/>

Order Mushrooms at: <http://www.thewoodlandsatphillips.com/products/>

**Cook’s Note:** I prepared half of the original recipe but it can be doubled. Chilling the patties in the refrigerator makes the cooking easier and allows you time to prepare the side dishes for dinner. I like to use a mild red pepper relish for extra flavor. The Lion’s Mane mushrooms are mild with a touch of seafood flavor.

**About this Recipe:** Crisp “crab-like” cakes are perfect for an evening dinner or even special occasion. They have a light seafood flavor that combine with fresh onion, garlic, and Asian seasoning. You just won’t believe that these are made with Lion’s Mane (Pom Pom) mushrooms that add a super power blast of nutrition. So yummy!

#### **Information about Lion’s Mane (Pom Pom Mushrooms):**

Lion’s Mane’s positive effects on brain function are well-recorded. For example, a study published in *Biomedical Research* in August 2010 found that subjects who took a Lion’s Mane supplement for four weeks demonstrated reduced depression and anxiety compared to the placebo group. A review published in *Critical Reviews in Biotechnology* in March 2014 also listed Lion’s Mane as one of the [mushrooms](#) that can prevent age-related neurodegenerative diseases such as Alzheimer’s disease and Parkinson’s disease.

For More Information about This Mushroom See:

[http://www.naturalnews.com/047263\\_turkey\\_tail\\_lions\\_mane\\_chaga.html](http://www.naturalnews.com/047263_turkey_tail_lions_mane_chaga.html)

<https://lostempireherbs.com/lions-mane-mushroom-health-benefits/>

<http://hiloliving.blogspot.com/2011/04/mushrooms-and-neuropathy.html>

<http://www.mushroom-appreciation.com/lions-mane.html#sthash.9bD1cNB4.dpbs>