

# Lion's Mane Crab Cake Recipe

Serves 4

## INGREDIENTS

1 pound Lion's Mane Mushroom  
4 tbs Extra Virgin Olive Oil  
4 cloves garlic  
4 tbs Greek yogurt (organic mayonnaise can be used as a substitute)  
2 tsp soy sauce  
2 cup organic bread crumbs  
1/4 cup diced onion  
1/4 cup diced chives  
2 eggs (you can easily make this recipe vegan by replacing this with a "flaxseed" egg)  
splash of white or red wine vinegar  
4 tbs fresh chopped parsley  
2 tsp smoked paprika  
lemon juice from 1/2 lemon  
The zest of 1/2 lemon  
3-4 tbs coconut oil (or alternative) for cooking the cakes  
Salt and Pepper to taste

## For remoulade:

1/2 cup non or low-fat organic Greek yogurt  
2 tbs Dijon mustard (I used Trader Joe's Garlic Aioli Mustard)  
2 tbs mayonaise  
2 tsp smoked paprika  
juice of 1/2 lemon  
Zest of 1/2 lemon  
Optional old bay seasoning to taste

## DIRECTIONS

Dice Lion's Mane mushroom into large pieces. Toss in olive oil and roast in oven, with garlic at 350 degrees for 30-40 mins. Turn halfway through. The mushroom will shrink substantially as the water cooks out.

When ready, put mushroom and garlic mixture in food processor and pulse 4-5 times until mix is broken down in smaller chunks.

In a separate bowl mix together the egg, soy sauce, Greek yogurt, lemon juice and zest, chopped parsley, diced chives, salt and pepper. Use a whisk to evenly mix the wet ingredients. Add breadcrumbs, onions\* and pulsed mushroom mixture.

\*If you choose, you can saute the onions instead of using raw onions (this is optional). To do so, cook in a saute pan on medium-low with coconut oil, slowly sweating the onions until translucent (about 5-7 minutes).

Use an ice cream scoop or tablespoon (depending on the desired size of the crab cakes) to measure equal portions of crab cakes. With your hands, form into cakes.

Heat coconut oil in non-stick pan on medium heat and fry until lightly browned on both sides.

Finish with a touch of sea salt

For remoulade: Using a whisk, mix yogurt, mustard, paprika, lemon juice and zest, salt and pepper.