

FAE & FUNGI | THE MARKET KITCHEN SERIES

Lion's Mane Mushrooms

Tender, savory, and made for a confident sear

FIVE ORIGINAL RECIPES

FRESH MUSHROOMS / SIMPLE TECHNIQUE / BIG FLAVOR

A good place to start

Five original recipes for fresh lion's mane. Tear large clusters into broad pieces rather than finely chopping them; this gives the edges room to brown and keeps the center tender. Start in a dry pan when the mushrooms are especially moist, then add fat once released liquid evaporates.

Before you cook

- Keep fresh mushrooms refrigerated at 40 F (4 C) or below.
- Wash produce under running water before preparing it; dry mushrooms thoroughly before browning.
- Cook mushrooms until tender and steaming hot throughout.
- Refrigerate leftovers promptly in shallow containers and use within 3 to 4 days.

A note on the recipes

Amounts are written for home kitchens. Salt levels vary by broth and soy sauce, so taste near the end and adjust. A wide skillet and uncrowded batches are the easiest way to get browned, flavorful mushrooms.

01 / Seared Lion's Mane with Lemon-Caper Pan Sauce

Broad, golden pieces with a quick bright sauce and crisp potatoes or greens.

2 as a main, 4 as a side | 10 minutes prep | 18 minutes cook

Ingredients

- 12 oz lion's mane, torn into 4 or 5 broad pieces
- 1 tbsp neutral oil
- 2 tbsp unsalted butter, divided
- 1/4 tsp fine salt
- Black pepper
- 1 small shallot, minced
- 1 tbsp capers, drained and chopped
- 1/3 cup vegetable broth
- 1 tbsp lemon juice
- 1 tsp chopped parsley

Method

1. Pat the mushroom pieces dry. Heat a heavy skillet over medium-high. Add lion's mane in one uncrowded layer and press gently with a spatula. Cook 3 to 4 minutes per side, until released moisture evaporates and both sides are browned.
2. Add oil and 1 tablespoon butter around the mushrooms. Season with salt and pepper. Cook 2 minutes more per side, turning until the centers are hot and tender. Transfer to a warm plate.
3. Lower heat to medium. Add remaining butter and shallot; cook 1 minute. Stir in capers and broth, scraping browned bits from the pan. Simmer 2 minutes, then add lemon juice and parsley.
4. Spoon sauce over mushrooms. Serve right away, with roasted potatoes, grains, or a crisp salad.

02 / Lion's Mane and Herb Cakes

Pan-crisp cakes with scallion, dill, and a cool lemon yogurt sauce.

4, makes 8 small cakes | 20 minutes prep | 15 minutes cook

Ingredients

- 12 oz lion's mane, finely chopped or pulled into short strands
- 1 tbsp olive oil
- 2 scallions, thinly sliced
- 1/3 cup fine plain breadcrumbs, plus 1/2 cup for coating
- 1 large egg
- 2 tbsp mayonnaise or plain yogurt
- 1 tsp smooth mustard
- 2 tbsp chopped dill or parsley
- 1 tsp lemon zest
- 1/2 tsp salt
- Black pepper
- 2 tbsp neutral oil for frying
- For sauce: 1/2 cup plain yogurt, 1 tbsp lemon juice, pinch of salt

Method

1. Cook the lion's mane in a dry skillet over medium-high for 5 to 7 minutes, stirring, until its moisture cooks away and the strands begin to brown. Transfer to a plate and cool 5 minutes.
2. Mix mushroom, scallions, 1/3 cup breadcrumbs, egg, mayonnaise, mustard, herbs, lemon zest, salt, and pepper. Shape into eight compact patties. If the mix feels loose, add 1 tablespoon breadcrumbs.
3. Spread the remaining breadcrumbs on a plate and coat both sides of each cake. Heat frying oil in a skillet over medium. Cook cakes in batches 3 to 4 minutes per side until crisp, browned, and hot through.
4. Stir sauce ingredients together. Serve cakes hot with lemon yogurt and a green salad.

03 / Crisp Lion's Mane Schnitzel

A crunchy crumb coating around juicy mushroom pieces; excellent with a sharp salad.

4 | 20 minutes prep | 20 minutes cook

Ingredients

- 1 lb lion's mane, separated into 4 thick pieces
- 1/2 cup all-purpose flour
- 2 large eggs, beaten with 1 tbsp water
- 1 1/2 cups fine dry breadcrumbs
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 3/4 tsp salt
- Black pepper
- 1/3 cup neutral oil, for shallow frying
- 1 lemon, cut into wedges
- 2 cups lightly dressed greens

Method

1. Set up three shallow bowls: flour; beaten egg; and breadcrumbs mixed with paprika, garlic powder, salt, and pepper. Pat mushroom pieces dry.
2. Press each piece gently to make an even cutlet about 1/2 inch thick. Dredge in flour, dip in egg, then press into crumbs until coated. Rest 5 minutes so the coating adheres.
3. Heat oil in a large skillet over medium. Fry cutlets in batches 3 to 4 minutes per side, adjusting heat so crumbs turn golden rather than dark. Drain on a rack or paper towels. The centers should be tender and fully hot.
4. Serve immediately with lemon and greens. For a lighter finish, add a spoonful of plain yogurt seasoned with lemon and herbs.

04 / Pulled Lion's Mane Tacos

Smoky, lime-bright mushroom strands with cabbage and avocado.

4, 2 tacos each | 15 minutes prep | 20 minutes cook

Ingredients

- 1 lb lion's mane, pulled into 1/2-inch strands
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp ground coriander
- 1/2 tsp salt
- 1/4 cup vegetable broth
- 1 tbsp lime juice
- 8 small corn tortillas
- 2 cups finely shredded cabbage
- 1 avocado, sliced
- 1/4 cup chopped cilantro
- Hot pepper sauce, optional

Method

1. Heat a large skillet over medium-high. Add mushrooms in a broad layer and cook 5 minutes, turning occasionally, until liquid evaporates and edges begin to brown.
2. Stir in oil, cumin, paprika, coriander, and salt. Cook 2 minutes, tossing so the strands are coated. Add broth and cook 3 to 5 minutes until absorbed and the mushrooms are deeply browned in spots.
3. Stir in lime juice. Warm tortillas in a dry skillet or wrapped in a clean towel in a low oven.
4. Fill tortillas with mushroom, cabbage, avocado, and cilantro. Add hot pepper sauce if desired. Serve with lime wedges.

05 / Lion's Mane and Potato Chowder

A creamy, cozy soup with celery, sweet corn, and fresh thyme.

4 to 6 | 15 minutes prep | 30 minutes cook

Ingredients

- 12 oz lion's mane, chopped into bite-size pieces
- 1 tbsp olive oil
- 1 tbsp butter
- 1 medium leek, white and pale green parts sliced and rinsed
- 2 celery ribs, diced
- 1 lb yellow potatoes, diced 1/2 inch
- 4 cups vegetable broth
- 1 tsp fresh thyme leaves
- 1 cup milk or unsweetened oat milk
- 1 cup corn kernels
- 1 tbsp lemon juice
- Salt and black pepper
- 2 tbsp chopped chives

Method

1. Heat oil and butter in a heavy pot over medium. Add leek and celery with a pinch of salt; cook 5 minutes until soft. Add lion's mane and cook 5 minutes, stirring, until moisture has reduced.
2. Add potatoes, broth, and thyme. Bring to a simmer and cook 12 to 15 minutes, until potatoes are tender.
3. Stir in milk and corn. Simmer gently 4 minutes; avoid a hard boil. For a thicker chowder, mash a few potatoes against the side of the pot.
4. Season with lemon, salt, and pepper. Finish with chives and serve hot with crusty bread.

Kitchen notes and recipe use

These recipes are original text prepared for Fae & Fungi. They use generic ingredient names and do not reproduce third-party recipe text or endorse branded products. Recipe names are descriptive. This statement describes the creation of this booklet; it is not a legal clearance opinion for a name, logo, label, or business mark.

Storage and safe handling

Keep fresh mushrooms refrigerated at 40 F (4 C) or below. Rinse under running water before preparation, then dry well for better browning. Cook shiitake thoroughly rather than serving it raw or lightly cooked. Refrigerate cooked leftovers promptly and use within 3 to 4 days.

Sources for the safety notes

• U.S. Food and Drug Administration, Selecting and Serving Produce Safely: www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-produce-safely

• Nguyen et al., Shiitake Mushroom Dermatitis: A Review, PubMed PMID 27566177: pubmed.ncbi.nlm.nih.gov/27566177/

• USDA Food Safety and Inspection Service, Leftovers and Food Safety: www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

Cook with care. Share generously.

Possible wellness benefits

Lion's Mane Mushrooms

Commonly suggested benefits

- May support memory, focus, or clear thinking
- May support mood and brain health
- Provides fiber and other nutrients

These benefits are being explored, but the evidence is still early. Eating lion’s mane has not been shown to prevent memory loss or treat brain or mood conditions.

Disclaimer

These are possible or traditionally claimed benefits, not guaranteed effects. Research has not proven that these mushrooms prevent or treat disease, and recipe servings may differ from amounts studied. Enjoy them as food; do not replace medical care or prescribed treatment. Ask a healthcare professional before using concentrated mushroom supplements.

Research links

USDA FoodData Central

Lion’s mane studies (PubMed 18844328 and 31413233)