



LION'S MANE MUSHROOMS WITH SHALLOTS AND VERMOUTH

Chef@Market: Maggie Haren

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Lion's Mane is a toothed mushroom and can be found growing wild in the Pacific Northwest and New England. Here on Eastern Shore, we are lucky to have **The Bay Mushrooms** growing them for us in nearby Cambridge to enjoy! Its flavor and texture is similar to crab or lobster meat: a sweet savory flavor, and meaty stringy texture. A simple sauté will do it!

- 1 Box Lion's Mane Mushrooms - cleaned
- 3 Tbsp Unsalted Butter for cooking
- 1 Tbsp Unsalted Butter for the end
- 1 large Shallot – finely diced
- 3 Tbsp Dry or sweet vermouth, Cognac, Sherry, or white wine
- 1 tsp Salt and pepper or to taste
- ¼ cup Half and Half (optional)
- 1 Tbsp Parsley – chopped (garnish)



1. Clean the mushrooms using the edge of a knife to trim dark spots or dirt. If you rinse them under water, you will have to squeeze the water out of them as they will soak it up like a sponge! Dice into large bite size pieces.
2. In a large skillet on medium heat, melt the butter until it is bubbling, and add the diced shallots. Cook until they are soft.
3. Add the mushrooms and cook until the mushrooms are lightly browned. Turn heat down a bit if they are browning too fast. (These mushrooms benefit from longer cooking and light browning, so be patient. The longer they cook, the better they will taste.
4. Add the Vermouth and let it reduce until almost gone. (Add the optional half and half. Simmer for a few minutes.)

Maggie's Notes:

- *Serve these as a side dish just as prepared or, add them to some pasta for light entrée.*
- *Add the prepared mushrooms to an omelet.*
- *Top a pizza with these and your other favorite pizza toppings.*
- *Add the mushrooms to some prepared rice with some peas for a delicious pilaf type dish!*
- *Check the internet for more exotic recipes!*

Find all of our Market Recipes at the Ocean Pines Website:

<http://oceanpines.org/forms-docs-cat/farmers-market-recipes/>