

Butter Poached Lions Mane Mushroom

*This recipe can be used with these Hericium species:
Combs Tooth, Lions Main, or Bears Head Tooth*



INGREDIENTS:

1 Lions Mane mushroom, cut bite-size	1/2 C. clarified butter
1/4 C. dry white wine	1/4 C. chicken stock
1-2 large garlic cloves, coarsely chopped	1/8 tsp. kosher salt
1/8 tsp. black pepper	1 tsp. fresh parsley, finely minced

DIRECTIONS

Place all of the poaching ingredients except the mushroom and parsley in a small pot and bring temperature to 160° F over med-low to low heat.

Add the mushroom and allow to poach for 30 minutes. Add the parsley and poach another five minutes.*

Serve as a topping over grilled meat like steaks for a mock 'surf & turf.' (pictured on reverse) Or add to another recipe, like stir fry, but add at the end so as not to over cook the mushroom.

* The mushrooms should poach for at least 30 minutes to get tender, but will hold just fine over low temps much longer than that.

Credit:



*Look for more recipes
on our website:
2AngelsMushrooms.com*