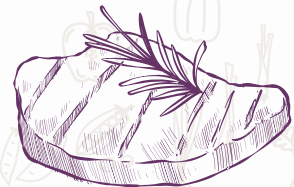




LION'S MANE MUSHROOM STEAK

By Wyreside Mushrooms

- 200-250g piece of lion's mane mushroom
 - 1 tbsp olive oil
 - Seasonings, for example sage, thyme, garlic granules, pepper
1. Fry the lion's mane piece to reduce the moisture. Fry without oil using a good non-stick pan. Oil is not needed as there's plenty of moisture in the mushroom.
 2. Flip the mushroom every 2 mins, squeezing the moisture out with every flip. It takes 10 to 15 minutes depending on how big the steak is. During this time, the mushroom will caramelise and develop a delicious umami flavour.
 3. Once it resembles a steak, place in an oven dish, brush with olive oil and season with spices and herbs you love. Then bake at 180°C for about 20 minutes.
 4. Serve with roasted potatoes or chunky chips, a green salad and your favourite sauce.



Find more local food recipes and a calendar of what's in season in North Lancashire:

foodfutures.org.uk/cooking



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