



Makes 2 servings



15 minutes

Skillet Lion's Mane Mushrooms Recipe



Ingredients

- 4 oz Lion's Mane mushrooms, any dirt removed
- ½ C water, or veg broth
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp black pepper

Lion's Mane mushrooms are known to maintain brain health, but how to cook them? I was inspired by Cindy Thompson's recipe - [Blackened Lion's Mane Mushroom Steaks](#). My mushrooms were small and I don't have a grill. Here's my version that uses 2 skillets. Change the spices used to add heat or other flavors you like!

Method

1. Stand the mushrooms on their stem, like a cauliflower. Slice down the mushroom to create 1-inch wide slices.
2. Combine the remaining ingredients in a small bowl. Paint each side of each slice until all the broth is used. Add more broth if you need it to moisten the slices.
3. Heat a flat skillet to high heat. Do not add anything to the surface of the skillet.
4. Lay the wet slices on the hot skillet. Place another heavy skillet, I used a Dutch oven, on top of the slices to flatten them while they cook.
5. Cook with the skillet on top for 2-3 minutes depending on width and overall size.
6. Lift the skillet off and flip the slices over. Replace the skillet to cook the other side.
7. They should be nicely sauteed and ready to serve.

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Abbreviations: C = cup; oz = ounce; Tbsp = tablespoon; tsp = teaspoon