

LIONS MANE MUSHROOM STEAK

Yield: 4 each "steaks"

Ingredients	Amounts
Mushroom, Lion's mane	1 lb.
Marinade	
Tamari	1 cup
Water	3 cups
Beet Powder	3 Tbsp

Method

1. Using an 8" frying pan (or similar kitchen tool) press lion's mane down as far as possible without breaking it into pieces.
2. Place a 10" pan over medium/high heat and add a clean oil (grapeseed) till it is smoking. Season lion's mane and add to pan. Sear both sides till well caramelized.
3. Place on sheet tray and into a 425°F oven on low fan till cooked through and tender, about 15 minutes. Remove and cool.
4. Once cool, place lion's mane into a cryo-vac bag along with 1 sprig of thyme and one sprig of sage (for fall). Add 4 Tbsp of the lion's mane marinade and vacuum seal. Let lion's mane marinate in vacuum-sealed bag for 8-12 hours.
5. Use a Ziploc bag and marinate 12 to 24 hours if vacuum sealer is not available.
6. Open and use per needed. Re-sear gently or reheat in oven for service