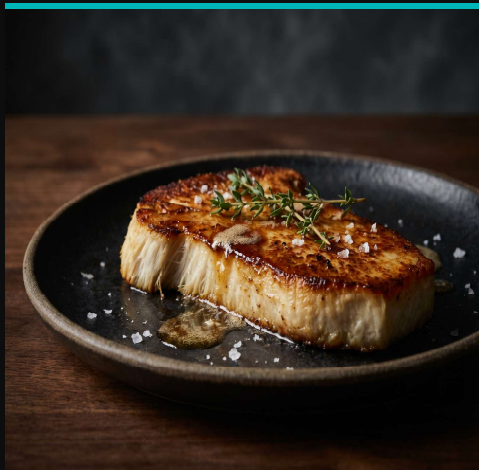


# Lion's Mane

Hericium erinaceus · The Seafood Mushroom · Locally Farmed in Indiana · NourishCap

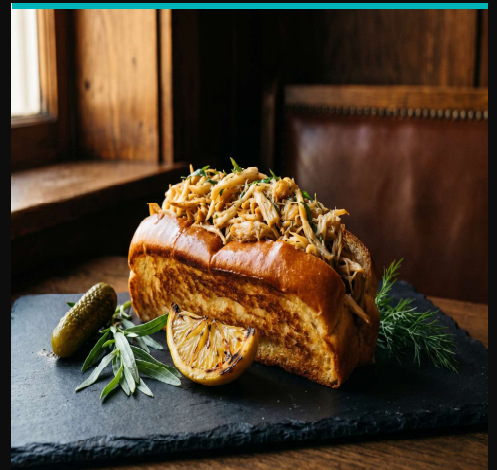
Mild & sweet · Seafood-like texture · Presses, shreds & sears · Available fresh & dried



Seared lion's mane steak with brown butter, thyme & sea salt



Lion's mane crab cakes with remoulade & micro greens



Lion's mane roll with lemon-tarragon butter on brioche

## FLAVOR & AROMA

Mild, delicate, subtly sweet — seafood-like when cooked, often compared to crab or lobster. No earthiness, no funk. The most neutral-tasting specialty mushroom: picks up surrounding flavors aggressively. Technique and seasoning carry the dish.

## TEXTURE

Fibrous and spongy — absorbs fat and liquid aggressively. Drive out moisture first: press whole in a hot pan with weight, or tear and squeeze dry before building a cake or roll. Skip that step and you steam rather than sear.

## BEST APPLICATIONS

Pressed steak — cast iron, weight, sear both sides until golden  
Shredded crab cakes — tear, blanch, squeeze dry, mix Old Bay/egg/panko

Lobster roll — shred, sauté in butter, dress with mayo, lemon, tarragon

Pulled roast — tear into chunks, roast until edges char

## PREP NOTES

Dry brush only — no washing with water.

Light = fresh; heavy = waterlogged, avoid.

White = fresh; yellowing at tips = aging.

Cakes and rolls: blanch, then squeeze out fully.

## PAIRS WELL WITH

Brown butter · Clarified butter · Neutral oil  
Old Bay · Lemon · Tarragon · Chives  
Mayonnaise · Cream · Egg  
Miso · Soy · Crab seasoning  
Brioche · Potato roll · Panko  
Shellfish accompaniments · Corn · Fennel

## QUICK REFERENCE

Flavor: Mild, sweet, seafood-like

Texture: Fibrous — presses, shreds, sears

Yield (fresh): ~40–55% after pressing

Fresh shelf life: up to 2 weeks, paper bag

Dried shelf life: 9–12 months sealed

Ordering: 3 months ahead, subscription

## ON THE MENU

"Lion's mane" is increasingly recognized by guests.

"Pressed lion's mane," "lion's mane crab cake,"

"seared lion's mane steak" all sell.

The whole fruitbody is visually dramatic — plate whole when possible.



Indiana-grown, direct farm sourcing. No middleman markup.

Lion's mane, oyster, pioppini & shitake. Order 3 months ahead on subscription.

The fiber structure genuinely reads as crab or lobster when handled correctly. Technique matters more than seasoning — get the moisture out first.

## Buying & Quality

Should feel light and fluffy — not heavy or dense. White or off-white; any yellowing or browning at the tips means age. Avoid waterlogged specimens: they absorb water readily and a soaked fruitbody can cause digestive issues. Reject anything with soft spots or off odor.

## Line Behavior

Cooks fast once moisture is driven out. The key step is getting the water out first — either by pressing in the pan or squeezing after a quick blanch. Skip that and you steam rather than sear. Once dry, it browns quickly and holds well.

## Portioning Guide

Expect 40–55% yield after pressing and cooking. A 180g raw steak-cut portion plates as roughly 80–100g finished. For crab cake applications: figure 60g raw per serving after squeeze-out. Price portions off raw weight, not finished weight.

## Ordering & Minimums

Available year-round on subscription from NourishCap, Indiana. Order 3 months ahead to secure consistent volume. Dried available for broth and sauce applications. Contact Ben Ashpole: [bashpole@NourishCap.com](mailto:bashpole@NourishCap.com) · 215-760-1613.

## Waste & Recovery

Squeeze-out liquid from blanched lion's mane is mild and clean — usable in broths. Small torn pieces go into hash, scrambles, compound butter, or fried bites. Dried is the backup for over-age fresh: texture is gone but flavor intact for sauces. Essentially zero waste with a planned station.

## Health Notes

Contains hericenones and erinacines — compounds shown to stimulate Nerve Growth Factor (NGF) synthesis, supporting brain cell growth and maintenance. Human trials show improvements in memory, attention, and processing speed. Also provides ergothioneine, B vitamins, and beta-glucans. No known allergens.

## Flavor Development

Raw: almost no flavor. Pressing with weight in a hot pan drives out moisture and triggers Maillard browning — this is where sweetness and seafood character develop. Butter basting amplifies it. Overcooking past golden makes it rubbery — pull when crust forms, finish with acid.

## On the Menu

"Lion's mane" is increasingly recognized by guests. "Pressed lion's mane," "lion's mane crab cake," "seared lion's mane steak" all sell. The whole fruitbody is visually dramatic — plate whole when possible.

## Dietary & Concept

Vegan, gluten-free, allergen-free. The strongest plant-based seafood analog available — a genuine menu anchor, not a substitute. Fine dining, plant-forward, coastal, and New American menus all benefit.