



Lion's Mane Parmesan

Ingredients

For the Lion's Mane Cutlets

- 1 large Lion's Mane mushroom (or 2 medium), sliced into $\frac{3}{4}$ –1" steaks
- 1 cup all-purpose flour
- 2 eggs, beaten
- 1 cup panko breadcrumbs
- $\frac{1}{2}$ cup grated Parmesan cheese
- 1 tsp Italian seasoning
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- Olive oil for frying

For Assembly

- 1–1 $\frac{1}{2}$ cups marinara sauce
- 1–1 $\frac{1}{2}$ cups shredded mozzarella
- Extra Parmesan
- Fresh basil

Instructions

1. Slice Lion's Mane into thick cutlets. Dry-cook in a pan 3–5 minutes per side to remove moisture.
2. Set up breading: flour → beaten eggs → panko/Parmesan mixture.
3. Bread each cutlet and pan-fry in olive oil until golden and crisp.
4. Layer marinara in a baking dish, add fried cutlets, top with sauce and cheeses.
5. Bake at 400°F for 10–12 minutes until bubbling.
6. Top with basil and serve over pasta, on a sub roll, or with garlic bread.

Chef Tip: Dry-cooking the Lion's Mane first gives the perfect "cutlet" texture and prevents soggy breading.