

Lion's Mane and Asparagus Sauté

Ingredients:

8 – 12 oz Lion's mane mushroom, fresh
2 Tablespoons butter, coconut oil or extra virgin olive oil
2 small shallots or ¼ onion, minced
2 – 3 cloves garlic, minced
4 – 5 spears asparagus, cut into diagonal slices
¼ cup white wine (dry)
¼ teaspoon sea salt
Fresh ground pepper, to taste

1. Trim and shred Lion's Mane mushroom as shown on video.
2. Heat the oil of choice in a heavy sauté pan on medium high heat.
3. Add in the shallot (or onion) and garlic. Cook for about one minute.
4. Add in asparagus and cook for another minute.
5. Add in shredded Lion's Mane and sauté for another minute and be sure to mix the ingredients with a wooden spoon or spatula.
6. Add in white wine and seasoning and cook until wine is evaporated, and the mushroom pieces are slightly browned on the edges.
7. Taste for flavor and add in more salt or pepper as needed.

Original recipe by Karen Diggs
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