

Lion's Mane Crab Cakes

This exclusive and almost daunting appetizer can now be easily made and enjoyed in the comfort of your home!

Prep Time: 30 minutes

Cook Time: 15 minutes, plus at least 30 minutes to let the crab cakes set

Total Time: 75-90 minutes

Servings: Makes 6 large crab cakes



INGREDIENTS

- 2 large eggs
- 2-½ tablespoons mayonnaise
- 2 teaspoons Dijon mustard
- 2 teaspoons Worcestershire sauce
- 1 teaspoon fresh lemon juice
- 1 teaspoon Old Bay seasoning
- 1/8 teaspoon cayenne
- 1 tablespoon chopped fresh parsley
- 6 capsules MyPure™ Lion's Mane
- 1/8 teaspoon salt
- 1-pound fresh lump crab meat
- 2/3 cup saltine cracker crumbs (about 14 crackers) or panko breadcrumbs
- Optional: 2 tablespoons melted unsalted butter

INSTRUCTIONS

PREP

1. In a bowl, combine together egg, mayo, Dijon mustard, Worcestershire, lemon juice, Old Bay, cayenne, parsley, the powder from the MyPure™ Lion's Mane capsules, and season with salt.
2. Add in the crab meat (be sure to check the meat for any hard and sharp cartilage) and cracker crumbs; using a rubber spatula, gently fold the mixture together until just combined, being careful not to shred the crab meat.
3. Cover tightly and refrigerate for at least 30 minutes and up to 1 day.

BAKE

1. Preheat oven to 450°F. Generously grease a rimmed baking sheet with butter or nonstick spray.
2. Using a ½ cup measuring cup, portion the crab cake mixture into 6 mounds. Use your hands to compact each mound so there are no lumps sticking out or falling apart and place them on the prepared baking sheet. For extra flavor, brush each with melted butter.
3. Bake 12-14 minutes or until lightly browned around the edges and on top. Serve warm with either fresh lemon juice drizzled on top or tartar sauce.