

For a unique taste treat, try '**Coral Tooth with greens**' using our seasonally-available *Hericium coralloides*.

1/2 lb coral tooth mushrooms
1 bunch collards
1 bunch red chard
several tbsp butter
optional 2 strips bacon

Wash greens and remove stems and center ribs. cut off browned ends, then cut stems into 1"-2" long pieces.

Layer chard and collards, alternating one leaf upon another. Roll up like a cigar and slice crosswise as thinly as possible.

Coarsely chop the mushrooms.

Put 1-2 tbsp butter in a pan and add coarsely chopped coral tooth mushrooms. Cook over low heat until golden but not crispy.

In separate pan, cook 2 slices bacon to desired crispness, drain and put aside, drain off half the fat and add cut stems and a few tablespoons water, then cover and steam about 5 minutes or just until tender. Add thinly sliced mixed greens and cook until color changes, being careful to not overcook. Remove from pan and add to mushrooms.

Coarsely chop bacon & mix together with greens & mushrooms. Serve warm.

OR use 2 tbsp extra virgin olive oil. Add chopped stems with enough water to steam several minutes, then add greens and cook until tender. Mix cooked mushrooms with greens and serve immediately.

Wild-harvested lion's manes often contain excess water so need to be cooked dry in a fry pan until they absorb that water. Cultivated ones contain less water so will need a few teaspoons added during cooking to prevent sticking.

Oil and butter should be avoided initially or the result will be an oil-soaked fried mushroom.

Slice 1/4" thick. Cook until soft with frequent stirring and add a small amount of oil or butter towards the end.

They should be cooked until the tips of the teeth and the exterior starts turning golden-brown.

Lion's manes can be sliced for cooking or they can be torn into smaller pieces.

Lion's mane with mixed vegetables

This vegetarian recipe is for cultivated lion's manes.

Several tbsp EVOO or mix of EVOO and butter

1 onion, sliced from top to bottom into half-inc wide wedges

4-6 mixed color mini-peppers or 2 red bell peppers, cored, de-seeded, and sliced into 1/2" wide strips

1-2 medium size Lion's mane mushrooms

Several medium potatoes, sliced or diced about 1/2" thick

Small jar (or half of a large jar) of nopalitos.

(Dona Maria is the usual brand around here.)

Tear lion's manes into fan-shaped bite-sized morsels. The larger end should be around 1/2" thick.

Heat oil in skillet and sauté onions therein until they have glazed and begun to go translucent.

Add sliced peppers, mushrooms and potatoes and stir, then cover and sauté over low heat about 15 minutes while rinsing and preparing the cactus:

Open the jar of cooked nopalitos and rinse/drain several times using fresh water to remove excess mucilage and brine.

Add nopalitos, stir to mix, heat until thoroughly hot.

Serve.

Mushrooms should be tender, but not mushy.

This typically takes between 15 and 20 minutes, similar to the potatoes.

Beef with lion's manes, nopalitos & sweet peppers

2 Tbsp Extra-virgin olive oil (EVOO)

4-6 cloves diced garlic, or to taste

1 large or 2 medium onions, sliced,

2 lbs lean ground beef, high quality stew meat, or slices from a tender cut of beef

1/2 tsp oregano, 1 tsp thyme, 3/4 tsp ground cumin

~ 1 dozen mini sweet peppers

1 de-seeded serrano pepper if you like hot peppers

1/4-1/2 lbs of lion's mane torn into bite-size pieces

1 large jar of nopalitos, drained and triple-rinsed to remove mucilage, vinegar, and salt

1/2 cup chunky dried tomatoes

1/4 cup hot water

Put dried tomatoes into a small container, add the 1/4 cup hot water, set aside to rehydrate, but check and stir every few minutes until evenly re-hydrated.

Put EVOO in large skillet over medium-low heat and sauté onions and garlic until they begin to go translucent, being careful to not brown them.

Add beef and brown over medium heat, stirring often.

Sprinkle herbs evenly across meat mixture and stir to combine, then cover and simmer over low heat for a few minutes while prepping mushrooms.

Add peppers and mushrooms and stir, then cover and cook over low heat about 15 minutes.

Add rinsed nopalitos and rehydrated dried tomatoes, stir to combine, and continue cooking until heated throughout, approximately 5 more minutes. Serve warm.

When prepared optimally, the tomatoes are completely heated, but not 'cooked'.

Optional add-ins: 1 cup sliced organic collard greens, added ~10 minutes after Lion's Manes.

1 cup diced potatoes added at same time as Lion's Manes.

Serve over rice or pasta, or alone.

Natural Products of Boonville

P.O. Box 233, Boonville, CA 95415

(707) 684-0182

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