

A PERFECT LUNCH FOR HOLIDAY LUNCH IN

Lions Mane Skewers

INGREDIENTS

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| <i>Palumbo Foods Lions Mane Mushrooms</i> | (For batter) |
| <i>Sugar</i> | 1 cup <i>Flour</i> |
| <i>Cumin seeds</i> | 1 t. <i>Baking Powder</i> |
| <i>Ground cumin</i> | 1/2 t. <i>1/2 tsp salt</i> |
| <i>Salt</i> | 1/2 cup <i>Milk</i> |
| <i>Sesame seeds</i> | 1/2 cup <i>Water</i> |
| <i>Chili powder mix</i> | |

INSTRUCTIONS

- 1 Clean the 'mane' with a brush, then, cut off the tough part from the stem, if any.
- 2 Using your finger, tear apart the mushrooms into large bite-sized pieces
- 3 Bring a pot of water to boil and season with sugar
- 4 Cook mushrooms for about 3-5 minutes until they turn slightly tender
- 5 Drain out the water and let cool. Using both of your palms, gently squeeze out the water and set it aside
- 6 Prepare a thin batter
- 7 Add cumin seeds, cumin and chili powder, salt, and sesame seeds into the prepared mushrooms bowl
- 8 Now, pour in the batter and evenly coat each mushroom piece
- 9 Skew a few pieces of mushrooms on a bamboo stick, squeeze gently to stick to skewer
- 10 Heat a large iron or non-stick skillet with a thin layer of oil over medium heat
- 11 Place skewer in, slightly apart. Cook each side until a thin crispy crust is seen, then flip
- 12 Continue to cook until the mushrooms are golden brown all over, about 3-5 minutes total
- 13 Serve hot with some extra cumin and chili powder mix

[SOURCE](#)



Lunch