

Live Cooking with La Plantrona



Crab-less Cakes

4 servings

Measurements:

- 1 tablespoon ground flaxseed
- 2 tablespoons water
- 5 ounces lion's mane mushrooms
- 1 can hearts of palm cylinders
- 1 ½ celery stalks
- ¼ onion
- ¼ cup Italian parsley, plus more for garnish
- 1 lemon
- 1 cup vegan panko or bread crumbs
- ¼ cup nutritional yeast
- 2 teaspoons vegan Worcestershire sauce
- ½ cup vegan mayonnaise, divided
- 2 teaspoons Dijon mustard
- 1 tablespoon + 1 teaspoon Old Bay seasoning, divided
- 3 nori sheets, divided
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons oil
- 1 tablespoon dill pickle relish
- Old Bay seasoning:
 - 1 table smoked paprika
 - 1 1/2 tablespoon chili powder
 - 1/2 tablespoon cumin
 - 1 tablespoon all purpose/ Italian season
 - 1 tablespoon vegan chicken bouillon

Cooking Tools

- measuring cups
- mixing bowl
- whisk

- cutting board
- knife
- baking sheet
- parchment paper
- oven

Notes:

- Aim to use organic ingredients, the quality of your health matters!
- Any seaweed can be used in place of nori
- Sweet relish can be used in place of dill pickle relish
- Soy sauce, Ketchup and white wine vinegar can substitute for Worcestershire sauce
- Chia seeds work in place of flaxseed