

SAUTÉED MUSHROOMS WITH HERBS

Ingredients:

3 Tablespoons olive oil

12 ounces crimini mushrooms, cleaned and trimmed

Sea salt and black pepper to taste

Freshly chopped herbs. Use seasonal herbs and try different herbs for subtle changes to the taste.

Possible herb combinations:

1 teaspoon each of parsley, tarragon, oregano, mint, thyme, garlic

OR

1 teaspoon each of cilantro, culantro, parilla, thai basil, garlic

OR

1 teaspoon each of Cilantro, oregano, cumin, garlic

OR

1 teaspoon each Dill, mint, garlic, thyme

Heat the olive oil in a large skillet using medium-high heat until it is hot, but not smoking. Do not allow the oil to smoke, as it will ruin the flavor. Add the mushrooms and let them cook for half of a minute, then toss them to coat all sides of the mushrooms with the oil. Reduce heat to medium and continue cooking, tossing occasionally, until the mushrooms release their liquid. Continue cooking to reduce the liquid and the mushrooms caramelize. Add the fresh herbs, toss the mushrooms, and serve. This dish is best served hot, but can be eaten at room temperature.

The San Francisco Public Library in partnership with
The Heart of the City Farmer's Market presents



BIBLIO BISTRO

FOOD EDUCATION AT THE LIBRARY

TODAY'S FEATURED INGREDIENT:

MUSHROOMS



San Francisco Public Library

Main Library 100 Larkin St. (at Grove) (415) 557-4400 sfpl.org



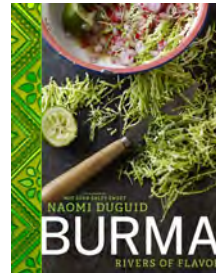
An American Family Cooks



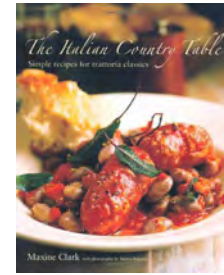
Asian Dumplings



Biba's Italy



Burma



The Italian Country Table



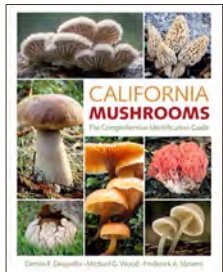
L.A. Son



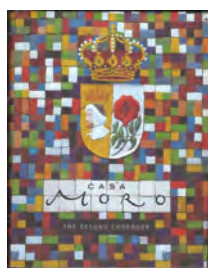
Lost Recipes



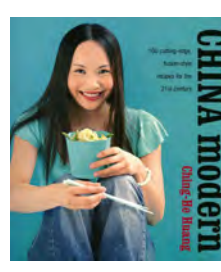
Malouf



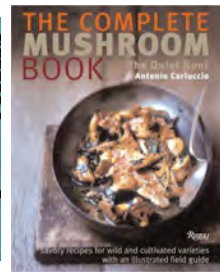
California Mushrooms



Casa Moro



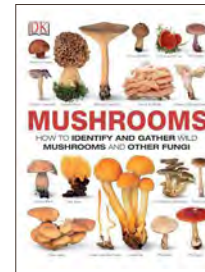
China Modern



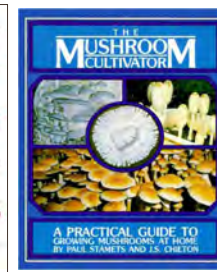
The Complete Mushroom Book



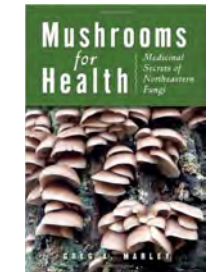
Morocco



Mushrooms



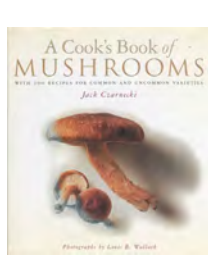
The Mushroom Cultivator



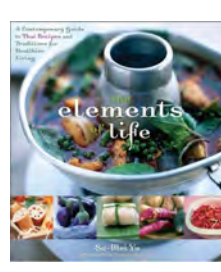
Mushrooms for Health



Cooked in Africa



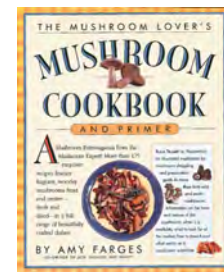
The Cook's Book of Mushrooms



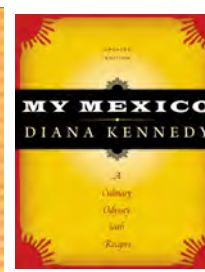
The Elements of Life



Fäviken



The Mushroom Lover's Cookbook and Primer



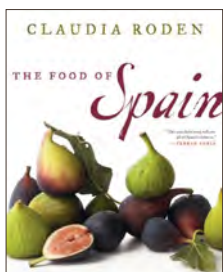
My Mexico



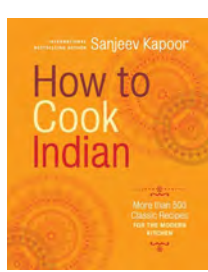
My Portugal



New England Kitchen



The Food of Spain



How to Cook Indian



How to Roast a Lamb



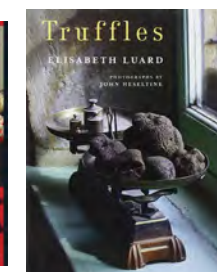
Hunan



The iSalpicón! Cookbook



Secrets of the Red Lantern



Truffles



Wild Mushroom Cookbook

All of the above titles have recipes, foraging information or health related benefits for Mushrooms.