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 carmelize. Add the fresh herbs, toss the mushrooms, and serve. This dish is best served hot, but can be eaten at room temperature.
All of the above titles have recipes, foraging information or health related benefits for Mushrooms.