



Sautéed Oyster Mushrooms

Ingredients

- ¼ lb fresh oyster or other mushrooms
- 1/2 seeded datil pepper chopped
- 2 tablespoons cold pressed olive oil (grape seed or safflower cans be substituted)
- Grated zest of 1 lemon
- ½ teaspoon French Sea salt (do not use table salt - kosher salt can be substituted)
- ¼ tsp ground cumin (optional)
- Fresh ground pepper
- 2 tablespoons chopped fresh parsley

Directions

1. Shake off any dirt clinging to mushrooms. Gently chop or tear mushrooms into 1-2" pieces.
2. Heat a large sauté pan on medium heat. Add oil and when it begins to ripple, then add mushrooms, ensuring they are not too crowded in the pan.
3. Turn heat down to medium-low, and continue sautéing until mushrooms are lightly golden brown, stirring occasionally. This will take about 10-15 minutes.
4. Remove from heat and stir in salt. Add ground cumin if desired. Season with fresh ground pepper and additional sea salt to taste.
5. Add fresh chopped parsley just before serving.

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