

Autumn in Japan offers red tinged natural beauty and foraged fare between the fallen leaves--mushrooms!

Lightly seasoned, gently sauteed, mushrooms are eaten in small portions and savored for their texture as well as taste.

Here, we present an easy to make dish of three easy to find (in stores) mushroom varieties.

Autumn Mushroom Trio

serves 2

Ingredients:

- small handful each: shitake, eringe (King oyster) and shimeji
- 1 T toasted sesame oil
- 1 T miso with 2 T water
- 1 green onion (just the green top) sliced very thinly

To Make:

- Drizzle oil onto saute pan, heat on medium until oil is hot, then add mushrooms. Stir gently until mushrooms are coated and heated through--just a minute or so. Place in a medium bowl and set aside.
- Add 1 T miso and 2 T water to the same pan, stir with whisk to blend and heat medium high until slightly bubbling. Add mushrooms and cook a few minutes until mushrooms are soft to the touch and glistening.
- Place mushrooms into two dishes, preferably with sections to separate the mushrooms and serve, topped with green onions.

