

Individual crab omelettes

- 1 package (200 g) frozen crab meat, thawed OR
- 1 can (170 g) crab meat
- 125 mL sliced mushrooms
- 25 mL chopped green onion
- 25 mL butter
- 25 mL sour cream
- 125 mL grated Swiss cheese
- *4 flat omelettes, 18 cm diameter each
- chopped chives

Drain crab. Remove any bits of shell or cartilage. Sauté mushrooms and green onion in butter until tender. Stir in sour cream, cheese and crab. Heat gently until cheese begins to melt. Spoon 75 mL filling along centre of each omelette and fold sides into middle. Top with sour cream and chives.

Makes 4 servings.

*For each omelette use 2 eggs, 15 mL water, salt and pepper to taste.



Classic broiled fillets

- 1 kg fish fillets, fresh or thawed
- 5 mL salt
- 0.5 mL pepper
- 5 mL paprika
- 5 mL Worcestershire sauce
- 125 mL oil
- 75 mL lemon juice
- 1 medium onion, thinly sliced

Measure thickness of fillets at thickest part and place in a shallow dish. Combine remaining ingredients, except onion. Pour over fish and marinate 1 hour turning once. Place fillets on a greased broiling pan and brush with marinade. Allowing 5 minutes cooking time per cm thickness, broil fish 9-12 cm from heat. Half way through cooking time, turn fillets, baste and arrange onions on top. Drizzle with marinade. Continue to cook, until fish flakes easily.

Makes 6 servings.

Some of the forthcoming shows at which Canadian fish products will be exhibited:

- Upper Midwest Hospitality Show, Minneapolis, Minnesota, USA, mid-February.
- Mefex Food Show, Bahrein, February 23 to March 2.
- Seafood '84, Boston, Massachusetts, USA, February 28-29.
- Foodex, Tokyo, Japan, March 12-15.
- National Restaurant Association (NRA) Hotel and Motel Show, Chicago, Illinois, USA, May 19-23.
- Salon International de l'Alimentation (SIAL), Paris, France, June 18-22.

(A new booklet in the science and technology series, Fisheries and Oceans: The Canadian Experience, is in preparation and is expected to be published by the Department of External Affairs early in 1984.)

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