## 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 diametre each

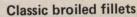
chopped chives

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.





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

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.)

Canada Weekly is published by the Public Affairs Branch, Department of External Affairs, Ottawa K1A 0G2.

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Cette publication existe également en français sous le titre Hebdo Canada.

Algunos números de esta publicación aparecen también en español bajo el título Noticiario de Canadá.

Alguns artigos desta publicação são também editados em português sob o título Notícias do Canadá.

