



Avocado Crab

A delicious recipe using your favourite fresh fish and products from the Dundarave Fish Market!

Serves: 6 people

Ready in: 30 minutes

Fresh Seafood



3lbs assorted seafood (crab meat, shrimp & quartered Digby scallops)

Ingredients

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| ½ cup | chopped onion |
| ½ cup | butter |
| ½ cup | flour |
| ½ tsp. | rosemary |
| ½ tsp. | thyme |
| 2 cups | cream |
| 2 cups | milk |
| 1 cup | grated swiss or gruyere cheese from Pane Formaggio |
| 1 tsp. | dry mustard |
| 1 large | avocado |

Instructions

1. Mix together the seafood and avocado and put into a 9" x 13" greased casserole dish.

2. Sauté onion and butter until onion is soft. Add the flour and mustard to onion mix; stirring constantly.
3. Gradually add cream and milk stirring until thickened. Add the cheese and herbs and stir until cheese is melted.
4. Pour over avocado- seafood mixture and bake in the oven pre-heated to 350 degrees for 25 minutes.