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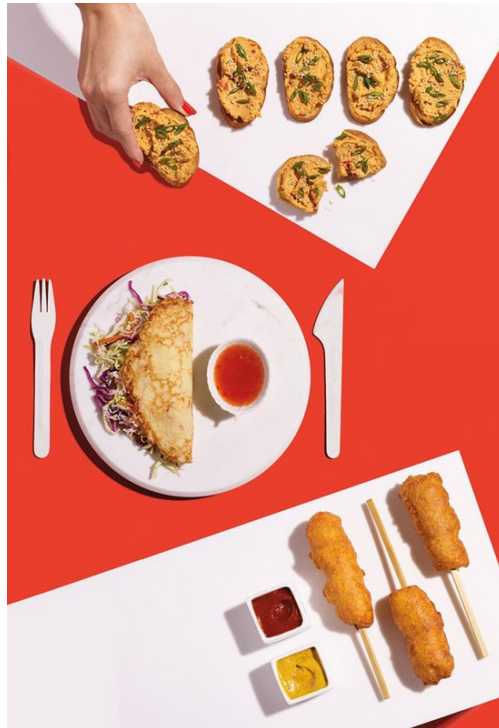
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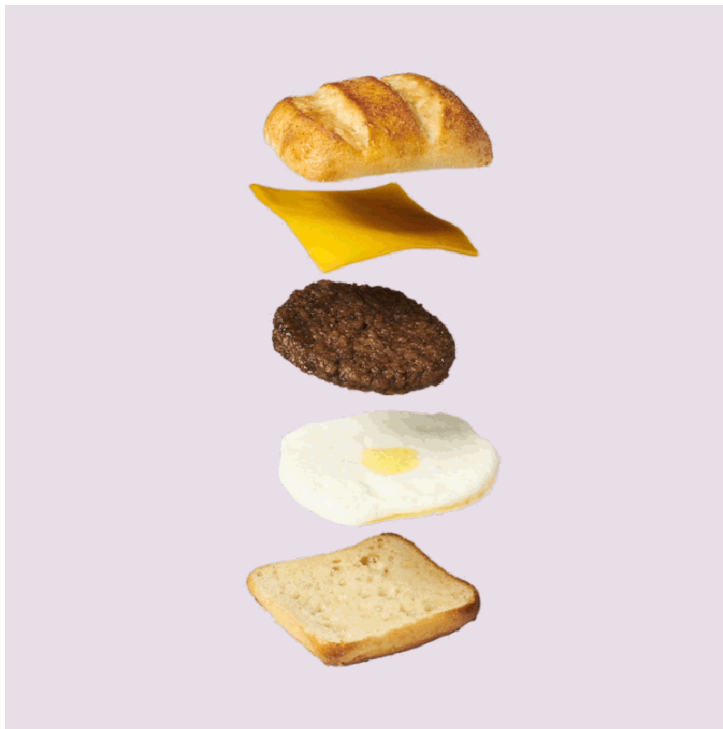
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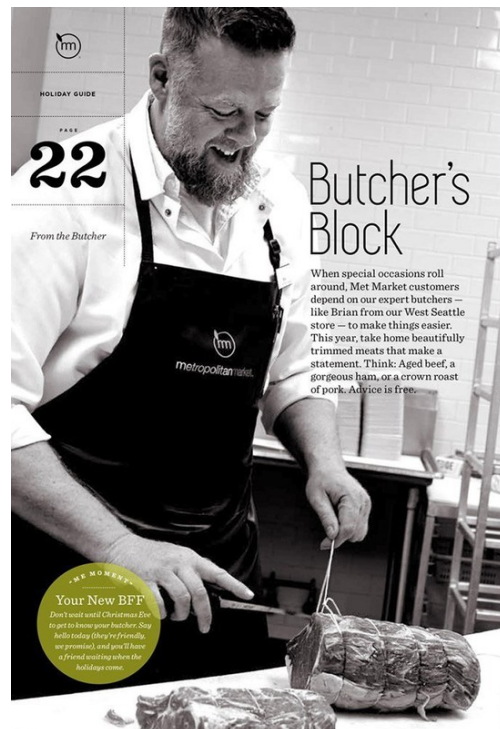
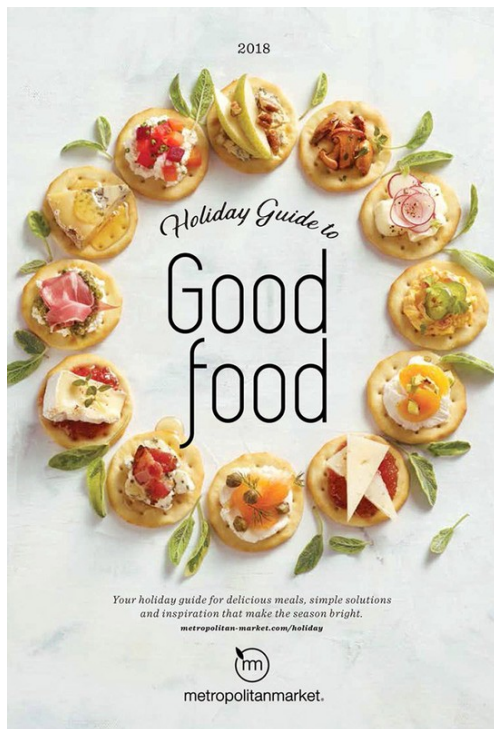
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DUNGENESS CRAB CAKES



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Welcome

Holidays are supposed to be a joy. Which is why this year, Met Market is ready to help you spend exactly as much energy as you want — or to do it all for you. Start the season slowly, with coffee and a treat for yourself. Then use this year's guide to plan it all. Learn how to ace gift exchanges with easy, last-minute gifts, which lovely bottle of wine will get you invited back, and what to serve on the in-between-holiday days. You do you. We'll do the rest, so you can be your best holiday self.

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FRUITS DE MER ("FRUITS OF THE SEA")

Pronounced "froy-EE-dah MARE," this chilled seafood platter is impressive — and with seafood from the Pacific Northwest, it's even better. The best part? When Met Market provides the goodies for a *fruits de mer* platter, you don't actually do much. Combine your favorites from our poke bar with freshly cooked prawns from our Seafood Department, crab legs, and raw oysters in the shell, then quickly steam and add a few clams or mussels. You're done. À votre santé!

1. Poke Bar selection 2. Cracked crab legs 3. Oysters on the half shell 4. Hot smoked king salmon 5. Gerard and Dominique lox, capers 6. Fresh cooked prawns 7. Fresh mussels and clams, steamed, then chilled. Get the recipe and instructions in store or online: metropolitan-market.com/recipes/holiday



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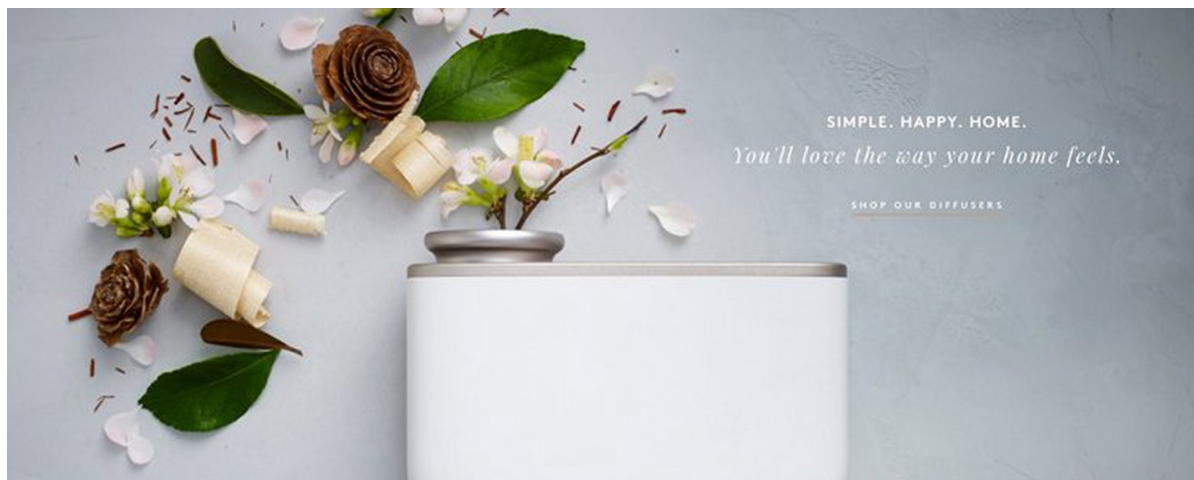
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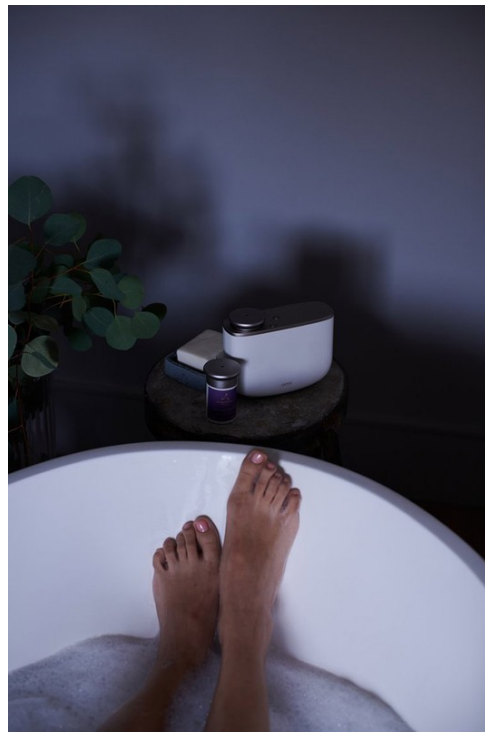
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