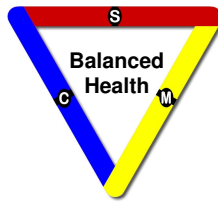


Natural Health Center

The Art & Science of Natural Healthcare



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Gluten-Free Curry White Sauce

Ingredients:

- 1 can of Coconut Milk
- 1 Fish filet
- 2 tablespoons of curry
- 1 heaping tablespoon of minced garlic
- 1 cup chopped mixed peppers; red, orange
- ¼ cup butter or ghee (clarified butter) (5 tablespoons)
- ¼ cup of lemon grass; fresh or in the jar
- 1 full dropper of Stevia
- salt & pepper to taste

Sautee garlic, peppers, lemon grass in butter or ghee for 5 minutes. Add fish filet, and cook until soft. Carefully flake the fish. Add coconut milk, curry powder. Simmer for 10 minutes. Add one dropper full of Stevia. Salt and pepper to taste. Serve over broiled fish filets, grilled salmon, or use as a sauce for fried shrimp, cauliflower, etc.