

Shrimp Curry

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*1 onion
3 stalks celery
1 apple
2 tomatoes
1 carrot
1 tablespoon chopped
parsley
1 bay leaf
4 ounces butter or
margarine
2 tablespoons flour
chicken broth or water
1 cup wine (preferably
Sauterne)
salt (to taste)
pepper (to taste)
1 to 2 teaspoons curry
powder
shrimp*

Chop the fruits and vegetables finely. Place in a large saucepan. Add the parsley and bay leaf. Saute' in butter. Sprinkle the flour over the mixture.

Add the broth. Continue cooking. When the sauce thickens, add the wine. Season with salt and pepper. Add the curry powder. Add the shrimp. Heat through.

Per Serving (excluding unknown items): 1117 Calories; 95g Fat (73.1% calories from fat); 9g Protein; 70g Carbohydrate; 15g Dietary Fiber; 248mg Cholesterol; 1097mg Sodium. Exchanges: 1 Grain(Starch); 6 Vegetable; 1 1/2 Fruit; 18 1/2 Fat.