

Sauce aux Herbes (for fish).
(cold)

- 1 teas French Mustard
- 1/2 teas salt
- fresh ground pepper
- 3 teas vinegar (wine type)
- 8 tabs oil
- 1 des lemon
- 1 large teas parsley
- 1 " " capers (drained)
- 1 " " chives

Vitamize all ingredients, add 1 des. water & vitamize again. Serve very cold with warm fish.

Sauce for fish (hot)

- 6 oz melted butter
 - 2 teas lemon
 - 2 teas chopped parsley
 - 1 teas " capers
 - 1 teas hot water
- Put all in saucepan & bring to boil & serve immediately.