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Chapter 1

Breakfasts

1.1 Boiled Egg

Ingredients

1. Eggs
2. Water

Cooking

1. Add water to a small pot.
2. Add eggs.
3. Once water gets to a boil, wait 7 to 8 minutes then take eggs out of the water and place into cold water to stop the cooking process.

Chapter 2

Lunch

2.1 Rice

Ingredients

- white rice:
 1. White rice
 2. Cooking oil
- yellow rice:

In addition to the ingredients from the white rice...

 1. Turmeric
 2. Cinnamon
 3. Black pepper

Cooking

1. Add a one to one (rice:water) ratio of water to pot.
2. Wash the rice until the water is somewhat clear. You're going to have to add and remove water a few times to achieve a non starchy and clean rice.
3. If the rice grain is thick. Let the rice rest in water for at least 10 minutes.

4. Season the pot water with a spoon of cooking oil and salt to taste. The quantity of oil can be changed depending on the quantity of rice.
- *For yellow rice Season water with tea spoon of turmeric, cinnamon and a pinch of black pepper. All can be adjusted by eye and taste.*
5. Add rice only after the water has come to a boil and cover with a lid.
6. Turn down the heat and stir the rice occasionally to avoid burning the rice once most of the water has boiled. Try to preserve the steam by avoiding open the lid too many times as that is what cooks the rice.
7. Finally remove the heat once the rice is cooked through and through. Taste test to ensure it is cooked well before serving!

2.2 Potatoes and Peas sauce

Ingredients

1. Turmeric
2. Black pepper
3. Tomato sauce
4. Pomegranate sauce
5. Chicken (of any kind)
6. Carrot
7. Frozen Green Peas
8. Potatoes

Prep

Prepare the following:

1. A large potato (or two medium) that has been cut into cubes.
2. A cup and a half of frozen green peas.

3. 2 carrots that have been cut into cubes.
4. Dice half an onion.
5. and mince 1 cloves of garlic.

Cooking

1. Add the onion and garlic into the pot.
2. Add 4 spoons of cooking oil and turn the .
3. Turn the heat on the pot.
4. Once the onion and garlic start the soften, add the chicken.
5. Add $\frac{1}{2}$ spoon of black pepper powder.
6. Add 2 spoons of turmeric.
7. Add pomegranate sauce to taste.
8. Then add the vegetable pot into the cooking pot.
9. Mix at a medium heat.
10. Add 5 spoons of tomato sauce.
11. Then add water to get the right texture.
12. Add about $\frac{1}{2}$ salt to taste.
13. Add a spoon of sugar.
14. Let it cook for 45 to 60 minute.

2.3 Ribeye Stake

Ingredients

1. Ribeye meat
2. $\frac{1}{4}$ a stick of butter

3. 1 garlic clove
4. A bit of thyme
5. Some olive oil

Seasoning the Meat

Rub a healthy amount of salt and pepper into the ribeye and that is basically it.

Cooking

1. Add a small amount of olive oil to the pan, just enough to stop the stake from sticking. Make sure the pan is piping hot. *we don't want to boil the stake we want to sear it.*
2. Place stake going away from you.
3. Flip stake after 30 seconds and let it sear for another 30 seconds.
4. Turn heat down and add the butter along with the thyme.
5. Flip every minute for even cooking while basting the stake with the brown golden butter/olive oil.

2.4 Mashed potatoes

Ingredients

1. Potatoes
2. Butter
3. Milk
4. Salt

Cooking

1. Peel the potatoes.
2. Cut into even quarters.
3. Add the potatoes to a pot.
4. Add enough water to cover the potatoes by 2 to 3cm.
5. Cover and let the potatoes boil.
6. Once the potatoes are soft enough to be stabbed though using a fork, pour the contents of the pot into a colander.
7. Add butter, salt and a dash of milk to taste.
8. Combine everything together by mashing the potatoes.

Chapter 3

Desserts