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October 8, 2024

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# Chapter 1

## Breakfasts

# Chapter 2

## Lunch

### 2.1 White Rice

### 2.2 Ribeye Stake

#### 2.2.1 Ingredients

1. Ribeye meat
2.  $\frac{1}{2}$  a stick of butter
3. 1 garlic clove
4. A bit of thyme
5. Some olive oil

#### 2.2.2 Seasoning the Meat

Cover the ribeye with a healthy amount of olive oil and make sure to cover the sides. Rub some salt and pepper into the stakes.

#### 2.2.3 Cooking

1. Add olive oil to the pan. Make sure the pan is piping hot. *we don't want to boil the stake we want to sear it.*

# Chapter 3

## Desserts