

To: [REDACTED]; Lesley
Groff [REDACTED]; [REDACTED]; [REDACTED]; [REDACTED]; [REDACTED];
[REDACTED]; Janusz Banasiak [REDACTED]; [REDACTED]; [REDACTED];
[REDACTED]; Karyna Shuliak [REDACTED];
From: francis derby
Sent: Fri 9/28/2012 2:21:12 PM
Subject: JE food

Ok gang here is the low down on the latest food trends.

Regular things he has been eating are:

Ginger Drink
Jerky
Muffins
Steak, burger or short rib and egg for lunch
White tuna

Things I will be sending:

6 muffins
Muffin batter
Spray butter
5lbs. Jerky (please store in freezer and pull out as you need it)- [REDACTED] - (i am also
sending 1 quart of marinade for jerky emergency, would be enough for about 10 NY strips In the
event you have to make more)
Steaks Cooked and raw
6qts ginger drink
Mint
Yogurt

basics for palm beach to get through till shopping can be done:

half and half
coffee
ham
smoked salmon
eggs
cottage cheese
JE bread
Dill
Shrimp and dill sauce for a snack
Burger patties
Bagels and Cream cheese

Important for steak- I am packing up the immersion circulator, water bath, and cryovac machine. The cooked steaks can be rewarmed in the water for about 20 minutes at 130 degrees

As per our sous vide class.

[REDACTED] i will send an email explaining what this steak buisness means.

Francis

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Francis J. Derby

[REDACTED]