

**From:** Karyna Shuliak <[REDACTED]>  
**To:** francis derby <[REDACTED]>  
**Subject:** Re: Meat Class  
**Date:** Sat, 22 Sep 2012 01:31:35 +0000

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Will do

On Sep 21, 2012 9:09 PM, "francis derby" <[REDACTED]> wrote:  
i dont have jens email..can you reach out to her for me please.. thanks.

On Fri, Sep 21, 2012 at 8:55 PM, Karyna Shuliak <[REDACTED]> wrote:

Thanks Francis, see you at 2pm tomorrow.

On Sep 21, 2012 8:32 PM, "francis derby" <[REDACTED]> wrote:  
good evening,

I've just spoken to JE about his steak and how we can prepare it on the occasion I am not around.  
JE would like me to hold a class tomorrow about it.

I have a full proof and very easy technique to share with all of you. It is a relatively new cooking  
technique called "sous vide" that will yield the exact same results every time, and will work for any and all  
meats if you follow the right steps...

I have time tomorrow at 2:00pm and then the rest of my week is getting pretty busy with cooking for  
guests. i hope this can work for all or most of you.

Please let me know who will be able to attend and if we might need to reschedule. Looking forward to  
another class with all of you.

Thanks  
Francis

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Francis J. Derby  
[REDACTED]  
[REDACTED]

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Francis J. Derby  
[REDACTED]  
[REDACTED]