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**From:** Karyna Shuliak <████████>  
**Sent:** Sunday, March 30, 2014 10:04 PM  
**To:** ██████████  
**Subject:** Re: Steaks :)

Oh, sorry, are you in pain?

The steaks turned out great, I followed your recipe exactly and made a =arsnip mash with it, so he was very happy:) Thank you!!!

On Mar 30, 2014, at 4:43 PM, █████████ <████████> wrote:

> Of course - Sorry, i didn't phone back immediately- that time of the =onth. It's past now and I'm reachable. How are things? How did the =teak turn out? Xx

>

>

> On Mar 30, 2014, at 12:25 PM, Karyna Shuliak █████████ > wrote:

>

>> Thank you Jen!

>>

>> Sent from my iPhone

>>

>>> On Mar 30, 2014, at 12:20 PM, █████████ <████████> =rote:

>>>

>>> <JE Steak 1-29-13.xls>

>>>

>>> it hasn't changed in some time. If you haven't yet, you can put =he other steaks in the freezer to keep them longer. Do note they take a =ull day to thaw out.

>

```
<?xml version=.0" encoding=TF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version=.0">
<dict>
  <key>conversation-id</key>
  <integer>22483</integer>
  <key>date-last-viewed</key>
  <integer>0</integer>
  <key>date-received</key>
  <integer>1396217033</integer>
  <key>flags</key>
  <integer>8623750145</integer>
  <key>remote-id</key>
  <string>4354</string>
</dict>
</plist>
```