

''(rabbit's) Pepper Strips''

Serves 2-3, Moderate difficulty.

(First because it's my most favorite. 🥰)

Ingredients:

- 1 pound steak (medium or high grade is better)
- 1 Green bell pepper
- 1 Orange (or Yellow) bell pepper
- 1 Red bell pepper
- 2 Tablespoons(?) Black pepper – fresh ground is best
- 1 Package of Wild Rice (or enough non-packaged to serve 2-3)
- 1 Tablespoon olive/vegetable/peanut oil – I prefer olive
- Green salad is good to serve with this dish.

Preparation:

- Cut the steak into strips roughly ¼" thick by about 4" long. (One pound of steak is typically about 4" by 1" thick by 10" long.) It will be difficult to cut it this thin, so a bit thicker is ok, but try not to exceed ½" thick.
- Place the cut steak onto a plate for later.
- Cut the bell peppers into strips. Usually I cut them (each) into 4 pieces (from the top down) then cut them into ½" wide strips.
- Place the cut bell peppers onto a single plate all mixed together.

Cook:

- Time the rice so that it will be ready when the rest is ready. The steak and peppers will take about 20 minutes to cook.
- Place a small amount of oil onto the pan you will be cooking on and set the pan to medium-high. Once the pan is hot, drop in the steak.
- Brown the steak *lightly* on both sides. This should be about 5-7 minutes per side. As you are browning be sure to *generously* pepper and re-pepper each side. (The steak should be 'noticeably spotted' with pepper and it should easily be smelled.) Note that the light browning will not have completely cooked the steak.
- Turn the heat down to the lowest setting. Drop in the mixed bell peppers on top of the steak. *Lightly* pepper the peppers. Cover the now completed mix. Let it simmer for a total of 5 minutes, stirring occasionally (I do it about every 1.5 minutes.) Be sure when you stir to mix the steak juices around as this will help spread the black pepper and bell pepper flavors. This will warm the bell peppers. Be careful not to have the heat too high or leave it on too long, as the bell peppers will lose their 'snappiness'. We just want them warmed enough to soften up a touch.

Serve:

- Place the rice on a plate. Place the completed Pepper Strip mix on top of the rice.
- If desired drizzle one to three tablespoons of the mixed juices on top of the serving plate.

Caution: if there is 'too much' black pepper it will pool into one area. Avoid scooping out such a pool. Mix up the juice before scooping it out of the pan to be safe.

"(rabbIt's) Citrus Chicken"

Serves 2-3, Low difficulty

Ingredients:

? Chicken – I tend to use about 3 "strips" per person, but this can be done with different cuts and sizes

1 Orange

1 Lemon

1 Package of flavored Rice (or enough non-packaged to serve 2-3)

Mixed vegetables are a good vegetable for this dish.

Preparation:

- Cut the orange and lemon into quarters.

Cook:

- Time the rice so that it will be ready when the rest is ready. The chicken will take about 15 minutes to cook.
- Place a thin layer of orange and lemon juice into the pan you will be cooking the chicken in. No oil is required as the juice will be all you need. I tend to use about a 3:1 or 4:1 orange:lemon ratio. I typically put enough to have about a 1/8" deep pool.
- Cook the chicken on medium to medium high (depending on thickness) for five minutes per side. Covered is best, as it seals in the flavor better and reduces the amount of juice that will boil off. Add juice as needed as it will boil off fairly quickly. Try to not let the sauce get below 1/16".
- Though, it is ok if the juice starts to boil off a little bit. You just have to be very careful as it will burn quickly once it does. As it boils off it caramelizes, which is where the best flavor will come from.
- Repeat cooking on both sides for 5 minutes each.
- Repeat cycling each side as necessary for 3 to 5 minutes per side. (Only thicker cuts should require more than the initial 10 minutes.)

Serve:

- Place the rice on part of a plate. Place the citrus chicken next to the rice. Place the vegetables next to those.
- If desired drizzle out a small bit of the orange/lemon juice from the pan and place it on top of the chicken and rice.

Expert trick:

If you want to try an expert level trick, after the chicken is done cooking remove it from the pan. Put in enough orange/lemon juice to be about 1/16" deep. Turn the heat up to high. The juice will quickly boil and start to caramelize as it burns off. Once it starts, very quickly place the chicken back into the pan and remove the pan from the heat. After about 10 seconds flip the chicken over onto a different section of the caramelizing juice.

Note that the expert trick is very difficult to do correctly, as the slightest bit of off timing will cause the juice to burn which will cause an overpowering flavor compared to the other, more subtle, citrus flavors.

''(rabbIt's) Steak and Potatoes with sautéed mushrooms and onion''

Serves 2, High difficulty

Ingredients:

1 pound steak (medium or high grade is better)

6-8 Small Red Potatoes

1 Package pre-cut Mushrooms, or about 1 handful of mushrooms per person (like 4-5 per?)

1 Onion

¼ Tablespoon butter – though other things can be substituted butter is best due to the mix of flavors

1 Tablespoon olive/vegetable/peanut oil – I prefer olive

Green salad is good to serve with this dish.

Preparation:

- Cut the steak into their serving sizes if necessary.
- Cut the onion across the rings. Cut the rings in half. (So they basically make C shapes.)
- If necessary cut the mushrooms.

Cook:

- Time the potatoes so that they will be ready when the rest is ready. These usually take about 20-30 minutes to boil. The steak, mushrooms, and onion, will take about 15-20 minutes to cook.

- Place a small amount of oil onto the pan you will be cooking on and set the pan to medium-high.

Once the pan is hot, drop in the steak.

- Brown the steak *lightly* on both sides. This should be about 5-7 minutes per side.

- Turn the heat down to the low. Place about 1/3 to 1/2 of your butter into the pan and let it melt.

Once melted place the mushrooms around the steak. Cover and let sit for about 2 minutes.

Uncover, mix in a bit more butter as needed, add in the onions and flip over the steak. Cover and let sit for another 2 minutes.

- The food should be ready at this point. The onion should be clear, but still a touch snappy. The mushrooms should be soft, but not too soft. If things are not ready, mix the mushrooms and onions and flip the steak and cover. Check again at 1-2 minute intervals.

Serve:

- Place the potatoes on a plate. (I tend to cut them into quarters.) Place a bit of steak next to the potatoes. Place mushrooms and onions and melted butter on top of the steak.