

Re: Finding velocity in MRI

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beef...)

1 -2 lbs. coarsely chopped vegetables

(carrots, potatoes, turnips, cauliflower, cabbage...)

Bell pepper

onions

garlic

ginger

salt pepper, etc.

Olive oil

butter

Brown the meat and some chopped onions, peppers, and garlic in olive oil,

place in baking dish, layer with vegetables seasoning and butter.

Bake at 325° for 30 - 45 minutes.

Serve with hot dinner rolls, fruit salad and sparkling water.

Bébé Buffet 1

Show off with whole roasted children replete with apples in mouths -
and babies? heads stuffed with wild rice. Or keep it simple with a
hearty main course such as stew, lasagna, or meat loaf.

Some suggestions

Pre-mie pot pies, beef stew, leg of lamb, stuffed chicken, roast pork spiral ham,

Cranberry pineapple salad, sweet potatoes in butter, vegetable platter, tossed salad with tomato and avocado,
parsley new potatoes, spinach cucumber salad, fruit salad

Bran muffins, dinner rolls, soft breadsticks, rice pilaf, croissants

Apple cake with rum sauce, frosted banana nut bread sherbet, home made brownies

Iced tea, water, beer, bloody marys, lemonade, coffee

The guests select food, beverages, silverware... everything from the buffet table.

They move to wherever they are comfortable, and sit with whoever they choose.

Provide trays so your guests will not spill everything all over your house from
carrying too much, nor will they have to make 10 trips back and fourth from the
service stations.

Roast Leg of Amputee

By all means, substitute lamb or a good beef roast if the haunch
it is in any way diseased. But sometimes surgeons make mistakes,
and if a healthy young limb is at hand, then don't hesitate to cook
it to perfection!

1 high quality limb, rack, or roast

Potatoes, carrot

Oil

celery

onions

green onions

parsley

garlic

salt, pepper, etc

2 cups beef stock

Marinate meat (optional, not necessary with better cuts).