

The Kuchroo Times

Dear Kuchroo Lab Members,
We're slowly but surely creeping up on issue 20! Let's take one second to reflect on the past nineteen issues. Ok. One second is up. Because this will officially be the last issue that will be in its teens, and next week we will be maturing into the 20's, I hope that we can retain our youthful nature throughout the coming issues. Thank you for your continued support. It is what drives my creative process when spending the 30-40 min it takes to create this weekly publication. Enjoy!

Headline

A New Addition to the Anderson Family



It was a huge surprise this past Friday morning when the first email announcing the much anticipated birth of baby Anderson arrived. Though the due date was scheduled to be August 13, it seems as though Christmas has come early this year as the champion of the world, Matthew Anderson, weighing in at a whopping 8lbs. 6 oz. and 20 inches. Nothing but smiles filled our faces as the second birth of this year, the first being with Sheng, (his wife of course) and now with Matthew. Several members of the lab raced over to the hospital to finally meet in person the newborn baby. When we got to the room, Dave Anderson greeted us with the biggest smile of us all. A proud father was written all over his face as he shook each one of our hands. Anxiously, we hurried in to see Ana and Gigi, lying down on the bed, exhausted from the day's ordeal. As I stood in the corner next to the door, I glanced around the room and watched as a gathering of two

families, the Anderson and the Kuchroo family, came together to welcome the newest addition. As the doctor knocked on the door with baby Anderson in hand, it was like a grand opening, with a very special surprise waited for us on the other side. We all gathered around Matthew and shook each other's hand and congratulated him, both excited to see him at last and also amazed that he had so much hair on his head. It was the definition of a Kodak moment that will forever be captured on two cell phones and in our hearts. It's only a matter of time before we can start prepping him for the SATs and to teach him to play basketball to get into the NBA, but one thing's for certain, and that is that he's truly lucky to have so many loving people to watch over him and care for him. Congratulations Dave and Ana on number 2!

Lab Improvement Pathology Database Upgrade/Website Upgrade



I know that we all went through the training for the pathology database in a previous lifetime, but just as a reminder, the paper version of the database will soon become obsolete as the new and improved online database is now in use. In the coming week, I will be typing up another protocol for the process of sending samples to Dr. Ray Sobel as well as the record keeping involved in order to streamline the pathology database. The database can be found on the Kuchroo server under the file Pathology.fmp and is now available for use. Also, if you have any records that were inputted into the hard copy of the database, please transfer them over to the electronic version in order to keep our records up to date and consistent. Thank you very much.

We are also in the process of upgrading our website as many of you have updated your

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personal biosketches and taken pictures with Denise “The Papparazzi” Chung. One issue of the Kuchroo Times is already on the website which is one step towards the total revamping of the Kuchroo Lab website. Keep on checking it out to see the transformation.

Cooking with Dr. Lindsay



Now the much anticipated recipe from our very own Master Chef, Dr. Lindsay. It has been a few weeks since we've had a taste from the master himself, but nonetheless, after just briefly going over this recipe, I have highlighted a word that let me know, that this recipe is really the one for me. Thank you Dr. Lindsay for your time and energy!

Pasta with Meat Ragù

When I did this last week, I used some left over roast pork, but I've described the recipe with ground pork. The point is, **you can use left overs**, if you have them, but if you do you will want to food process the meat to stop the sauce being too lumpy.

Pasta

I would recommend pappardelle for this dish, but you can try other pasta. As written, I am assuming dry pasta, but if you are using fresh, just put it straight into the meat sauce.

-This makes dinner for two
Pappardelle. About 100-150g

Ground beef 1 cup

Ground pork 1 cup

One onion

Tinned tomatoes – about half

Chopped mushrooms – 1 cup

Glass of wine anything that isn't sweet

1 cup chicken stock if you have it.

Salt and pepper

Rind of half a lemon

Garlic

NB. The further ahead you make the sauce, the better it will be.

Chop the onions and soften them in a little olive oil. About 5 minutes. Add the ground beef and pork and simmer gently until the meet has browned, then add the

tomatoes, mushrooms, glass of wine and cup of stock or water. Leave on a low heat to cook, don't let it dry out. Season with salt (a pinch) and pepper (another pinch). If the mince isn't very lean, you may want to spoon off some of the fat.

-Chop rind of lemon with garlic until it is had a fine texture like bread crumbs.

-15 minutes before you want to eat, put the pasta into boiling water and cook for 5 minutes. Remove from boiling water and add into meat sauce. Cook a further 5-7 minutes until the pasta is done to your taste.

-Serve pasta in bowls and put a teaspoon of the lemon and galic granulata on each. Grated parmesan on the side, ground black pepper to taste and a bottle of wine. I would recommend a cold orvieto.

LBN 3.8.07

Drinking with Dave!

In honor of Vijay's delightful summer BBQ, I humbly submit a wonderful variation on a classic that pairs very well with Indian food.

1. Fill a glass with ice (crushed if possible).
 2. Add a small handful of fresh cilantro and stir with ice to break the leaves and release some of the flavor.
 3. Add 2-3 ounces of your favorite gin.
 4. Top off with tonic water.
- Enjoy!!

Favorite Moments in the Lab

I will be going around the lab and asking people what their favorite moment in the lab was in order to document the highlights we have shared together.

Sheng: What kind of favorite moment do you mean? Having fun favorite moment or a monumental achievement favorite moment?

Me: Whatever you want Sheng. Something that meant the most to you during your time here.

Sheng: Well...it was probably when I was able to make the Tim-1 knockout mouse. It took a really long time and I was so happy when I was finally able to get it done.

What's your favorite moment? Coming soon to a Kuchroo Times Issue near you!