

Meatloaf

Preparation: 10 minutes

Makes 6 Servings

Yield: 1 meat loaf

Recipe: by Greg Strahm, *The Silver Chef*

Meatloaf is one of my favorite foods. Just mentioning it triggers a vivid sensory childhood memory of the smell of it baking as well as its taste. I have taken my mom's meatloaf recipe, which was very good, but it was very tight, almost a pate texture. I prefer a looser texture. Her recipe was the standard veal, pork, and beef mixture, onions, eggs, oatmeal, salt and pepper. My recipe is quite different from mom's. After trying it, she remarked, "I think your meatloaf might be better than min'e, and then said I was a "fancy coo"k because I used wine and fancy herbs. I told her it wasn't better, just a different recipe.



MEAT LOAF

2 pounds ground sirloin
1/2 pound ground pork
2 tablespoons bacon grease, olive oil
1 cup onions, chopped
1 large clove garlic, minced
2 eggs
3/4 cup rolled oats, or seasoned panko crumbs
1/2 cup chili sauce
1 tablespoon worcestershire sauce
kosher salt and freshly ground black pepper,
to taste

heinz chili sauce, or favorite bbq sauce for
brushing top

SAUCE (OPTIONAL)

2 tablespoons butter
heavy splash olive oil
1 small shallot, small dice
1 1/2 cups shitake mushrooms, stemmed and
sliced
splash marsala, or white wine
1 1/2 cups veal demi glace, or beef stock
beurre manie, to thicken

MEAT LOAF

1. Preheat oven to 350°F.
2. In a large bowl, combine 2 pounds ground sirloin and 1/2 ground pork. Mix by hand until evenly distributed. Do not over mix.
3. In a medium sauté pan, heat 2 tablespoons bacon grease, or olive oil, over medium heat. Add 1 cup chopped onion and sauté until golden brown.
4. Add 1 large minced garlic clove and continue to sauté for 1 minute. Remove from heat and let cool slightly.
5. In the bowl with the meat mixture, add 2 eggs, 3/4 cup rolled oats, or seasoned panko crumbs, 1/2 cup chili sauce, and 1 tablespoon worcestershire sauce. Season with kosher salt and freshly ground black pepper to taste.
6. Add the sautéed onion and garlic mixture to the meat mixture. Mix by hand until all ingredients are evenly distributed. Do not over mix.
7. Shape the mixture into a loaf and place it in a glass baking dish. Brush the top with extra chili sauce or your favorite barbecue sauce.

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8. Bake for 1 hour, or until the internal temperature reaches 155°F. Remove the meatloaf from the oven and let it rest in the dish for 10–15 minutes. Then transfer it to a platter and cover to keep warm before cutting.

SAUCE (OPTIONAL)

1. In a medium sauté pan, heat 2 tablespoons butter and a splash of olive oil over medium heat. Add 1 small shallot, small dice, and sauté until soft.
2. Add 1 cup shitake mushrooms, stemmed and sliced, and sauté until browned and the liquid has evaporated.
3. Deglaze the pan with a splash of Marsala wine.
4. Add 1 1/2 cups veal demi glace and whisk to incorporate.
5. Whisk in 2–3 tablespoons of beurre manie to thicken the sauce. Continue to cook for 1 minute.
6. Ladle over sliced meatloaf