

## MEAT LOAF

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Preparation Time; 30 minutes

Cooking Time; 90 Minutes

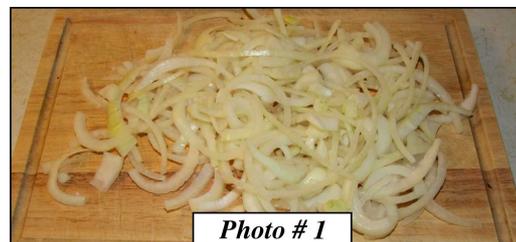
This Recipe will make 1 Meat Loafs, about 5 to 6 Portions for Adults.

### Step # 1 – SPICE PREPARATION.

This has to be cold before you can mix it with the meat, so do this 3 hours before and put in the fridge.

- 1 Can of Hunt's Tomato Sauce. 213 ml.
- ¼ Cup of MY HP SAUCE or Regular HP SAUCE.
- 1 Table Spoon of Beef Bovril.
- 2 Tea Spoon of Garlic Powder.
- ½ Tea Spoon of Salt.
- ¼ Tea Spoon of Black Ground Pepper.
- ½ Tea Spoon of Ground Mustard.
- ¼ Table Spoon of Thyme.
- ¼ Tea Spoon of Curry Powder. (Medium)
- 1 Pinch of Cumin.

Mix well and put in the fridge until very cold.



### Step # 2 - SEASONING THE MEAT.

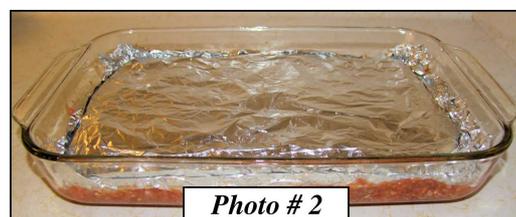
- 0.5kg. Lean Ground Pork.
- 0.5kg. Lean Ground Beef.
- 1 Yellow Onions (Medium) Cut in quarters and then slice.

The onions sliced in long filaments will help to hold the Meat Loaf together. So don't cut the onions too small.

#### **(See Photo # 1)**

First Mix by hand the above Meat only with the onions in a Large Mixing Bowl, then **add the cold mix that you did In Step # 1**. Mix the meat **with your hands as quickly as you can so as not to warm up the meat too much**.

After mixing the meat put it in a large FLAT container and compact it as much as you can and cover with a cellophane or Aluminum foil and **put in the fridge during the time you that will do the next step. (See Photo # 2)** **The meat can rest in the fridge for one hour to absorb The liquids and the spices that you mixed in it.**

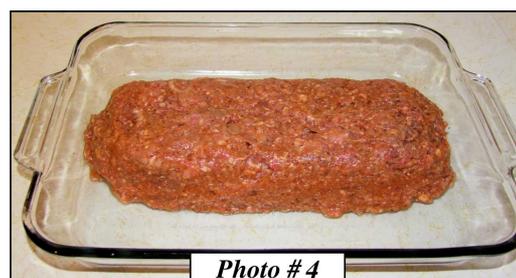


### Step # 3 – SAUCE FOR COOKING THE MEAT LOAF.

This will be used to be spread all over the Meat Loaf just before cooking the Meat Loaf in the oven.

- 1 Can of Hunt's Tomato sauce 680 ml.
- ¼ Tea Spoon of Ground Black Pepper.
- ½ Tea Spoon of Salt.
- 1 Tea Spoon of Cilantro.
- ¼ Cup of red wine.
- ¼ Tea Spoon of Thyme.
- 2 Tea Spoon of Brown Sugar.
- 2 Pinch of dry Lemon Zest, (see my recipe to make lemon Zest) or the juice of one fresh Lemon.

Mix well all the above, and put aside for now. It does not have to be cold.



When the meat is ready at this point preheat your Oven at 375 degrees f. before you go on.

#### **Step # 4 – METHOD FOR COOKING THE MEAT LOAF.**

Remove the meat from the fridge and mix again quickly with your hands and then transfer it into a Bread Mold and compact it as tight as possible (**See Photo # 3**) and then reverse it and shake it downward to remove the meat and let the meat loaf drop into a Pyrex cookware of 11 by 15 inches.

(**See Photo # 4**)

Then add around the meat 1 cup of cold water.  
Do not pour the water on the meat, but just around it.

Then pour Only on the Meat Loaf the Tomato Preparation that you just did in step # 3.  
(**See Photo # 5**)

Cover the Meat Loaf and the cookware with aluminum foil as air tight as you can. (**See Photo # 6**)

**The Oven should be Pre heated at 375 degrees F.**

Cook on the center rack for **60 minutes**.  
After one hour remove the aluminum foil and let the Meat Loaf continue Cooking in the oven for another **30 minutes** at **325 degrees f**.

Use a large spoon or a juice extractor (Poire a Jus) → and pour all over the meat loaf some of that juice from around it. Do this every **8 minutes** until the 30 minutes are over.

Remove from the oven and put on a cold surface cool down for 10 minutes then transfer the meat loafs without the sauce in a large plate for serving or to cool down.  
**Cut the Meat Loaf in half to facilitate the transfer.**  
(**See Photo # 7**)

#### **Thickening agent.**

Mix together 1/3 cup of Flour into ¾ cup of water.

Strain the rest of the sauce from the cookware and thicken the sauce at medium heat with the thickening agent. Strain the thickening agent before you pour it into the sauce. When serving pour some of the sauce on the meat Loaf and on the mash potatoes. (**See Photo # 8**)

To freeze the meat loaf when cold I cut it in slices of about 1 ½ inch thick and wrap each slices individually in cellophane paper with some of the sauce on them and the rest of the slices I put them in containers with the rest of the sauce.

**BON APPÉTIT.**

