

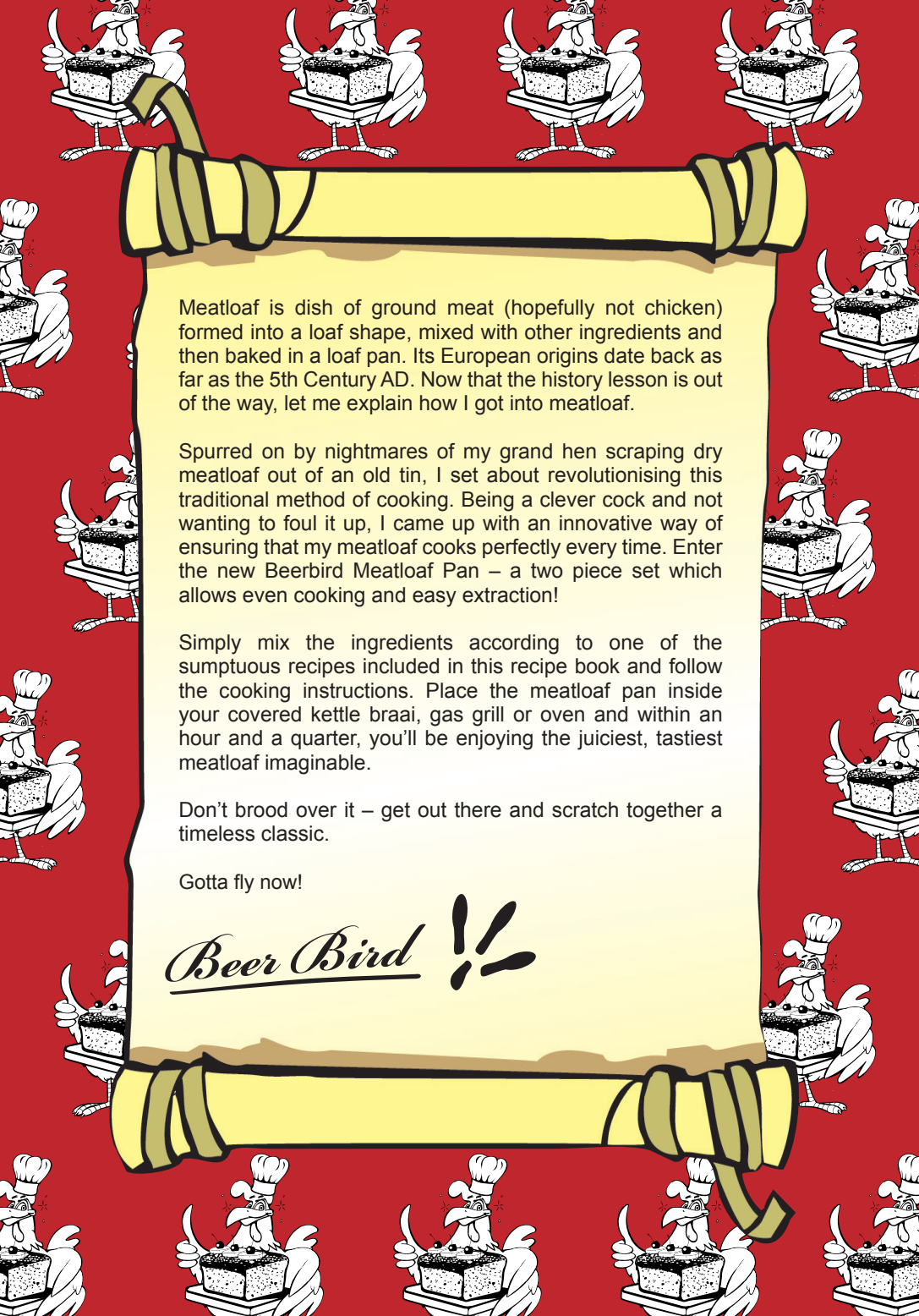


MEAT LOAF

REVOLUTION!



RECIPE BOOK



Meatloaf is dish of ground meat (hopefully not chicken) formed into a loaf shape, mixed with other ingredients and then baked in a loaf pan. Its European origins date back as far as the 5th Century AD. Now that the history lesson is out of the way, let me explain how I got into meatloaf.

Spurred on by nightmares of my grand hen scraping dry meatloaf out of an old tin, I set about revolutionising this traditional method of cooking. Being a clever cock and not wanting to foul it up, I came up with an innovative way of ensuring that my meatloaf cooks perfectly every time. Enter the new Beerbird Meatloaf Pan – a two piece set which allows even cooking and easy extraction!

Simply mix the ingredients according to one of the sumptuous recipes included in this recipe book and follow the cooking instructions. Place the meatloaf pan inside your covered kettle braai, gas grill or oven and within an hour and a quarter, you'll be enjoying the juiciest, tastiest meatloaf imaginable.

Don't brood over it – get out there and scratch together a timeless classic.

Gotta fly now!

Beer Bird !!

MEATLOAF SUCCESS FACTORS



No complicated techniques here; just some easy to follow advice to make you a Meatloaf Master.

Fat is your friend

No matter which meat you decide to use, the right ratio of lean meat to fat is a critical factor in determining the texture and moisture of your meatloaf. An 80% meat to 20% fat ratio is the generally accepted formula as there is a fine line between juicy and greasy.

Vegetables are your other friend

By adding finely diced or pureed aromatic vegetables to your mixture, you are adding additional moisture into the meatloaf. Not only does this make your final product juicier, but it also adds lots of extra flavour.

How much filler is killer?

Breadcrumbs were originally added to the meat out of necessity to stretch it. Some recipes from the 1930's actually called for a 50% ratio of breadcrumbs! Today's meatloaves contain much lower percentages, usually between of 15 and 25%.

Use a meat thermometer

Cooking times alone for meatloaf just don't work. How does that cookbook know exactly how thick you shaped your loaf, or if your oven is properly calibrated? A thermometer takes away all those variables. Cook your meatloaf to an internal temperature of 68 to 71 degrees Celsius, and you will be rewarded with a moist loaf every time.

Slow and low is the way to go

The ideal oven temperature for a moist meatloaf is between 165°C and 180°C. Too hot an oven will reduce the cooking time, but tend to dry out the meat.

Do not over mix!

This is a very common mistake that can really make for meatloaf with a tough, dry texture. Self-control is the key; once the ingredients are mixed in, STOP! Remember, the meatloaf is going to be mixed more as it's shaped before baking.

EASY MEATLOAF

Ingredients

- 1kg lean ground beef (mince)
- 1 egg
- 1 onion, chopped
- 1 cup (240ml) milk
- 1 cup (240ml) dried breadcrumbs or cracker crumbs
- 1 teaspoon (5ml) salt
- 1 teaspoon (5ml) pepper
- 2 tablespoons (30ml) brown sugar for the sauce
- 2 tablespoons (30ml) prepared mustard for the sauce
- 1/3 cup (80ml) ketchup (tomato sauce) for the sauce



Preparation

Preheat your oven to 180°C. Mix the following in a large bowl - beef, egg, onion, milk, salt, pepper and bread or cracker crumbs. Mix the following in a small bowl - brown sugar, mustard and ketchup. Shape mixture into a loaf on top of the aerated lifter inside the lightly greased meatloaf pan. Pour the mixture from the small bowl over the meatloaf. Bake at 180°C for 1 hour, or until the internal temperature reaches 68°C.

Serving Suggestion

Once the meatloaf is cooked, remove the meatloaf pan from the heat source and let it stand for 10 minutes. Simply lift the meatloaf out of the pan using the lifter and put it on to a serving plate. Slice, serve and enjoy!

DRIED CHERRY MEATLOAF WITH POMEGRANATE-BALSAMIC GLAZE



Ingredients

- 1 kg ground beef (mince)
- 1/2 cup (120ml) dried cherries
- 1/2 cup (43g) quick cooking oats
- 1/4 red onion, diced
- 1 garlic clove, minced
- 1 egg, beaten
- 1 tablespoon (15ml) dried parsley
- 1 tablespoon (15ml) dried oregano
- 1 teaspoon (5ml) dried basil
- 1 teaspoon (5ml) salt
- 1/2 teaspoon (2.5ml) pepper
- 2 tablespoons (30ml) Worcestershire sauce
- 3 tablespoons (45ml) pomegranate juice
- 1/2 cup (120ml) pomegranate juice for the glaze
- 1/4 cup (60ml) balsamic vinegar for the glaze

Preparation

Preheat your oven to 180°C. Mix the following in a large bowl - meat, cherries, oats, onion, garlic, egg, seasonings, Worcestershire sauce, and pomegranate juice. Shape mixture into a loaf on top of the aerated lifter inside the lightly greased meatloaf pan. Bake at 180°C for 1 hour, or until the internal temperature reaches 68°C.

While meatloaf is baking, bring the pomegranate juice and balsamic vinegar to a boil in a small saucepan. Turn heat down to medium-high and let the mixture cook until it has reduced by half and has thickened into a syrup consistency.

Serving Suggestion

Once the meatloaf is cooked, remove the meatloaf pan from the heat source and let it stand for 10 minutes. Simply lift the meatloaf out of the pan using the lifter, put it on to a serving plate and drizzle it with the glaze. Slice, serve and enjoy!



GLAZED MEATLOAF

Ingredients

- 1 kg lean ground beef (mince)
- 3 tablespoons lemon juice
- 3 slices of bread, shredded
- 1/4 cup (60ml) diced onion
- 1 egg, beaten
- 1 cube beef stock, crumbled
- 1/2 cup (120ml) ketchup (tomato sauce) for the sauce
- 1/3 cup (80ml) brown sugar for the sauce
- 1 tablespoon (15ml) lemon juice for the sauce
- 1 teaspoon (5ml) dry mustard powder for the sauce



Preparation

Preheat your oven to 180°C Mix the following in a small bowl to make the sauce – ketchup, brown sugar, lemon juice, and dry mustard powder. Mix until smooth. Mix the following in a large bowl - ground beef, shredded bread, onion, egg, beef stock, 3 tablespoons lemon juice, and 1/3 cup of the ketchup mixture. Shape mixture into a loaf on top of the aerated lifter inside the lightly greased meatloaf pan. Bake at 180°C for 50 minutes. After 50 minutes of baking, pour the remainder of the ketchup mixture over the meatloaf and bake for another 10 minutes, or until the internal temperature reaches 68°C.

Serving Suggestion

Once the meatloaf is cooked, remove the meatloaf pan from the heat source and let it stand for 10 minutes. Simply lift the meatloaf out of the pan using the lifter and put it on to a serving plate. Slice, serve and enjoy!

SPICY MEATLOAF

Ingredients

500g ground chuck (mince)
500g ground sirloin (mince)
170g garlic-flavoured croutons
1/2 teaspoon (2.5ml) ground black pepper
1/2 teaspoon (2.5ml) cayenne pepper
1 teaspoon (5ml) chilli powder
1 teaspoon (5ml) dried thyme
1/2 onion, finely chopped
1 carrot, peeled and grated
3 whole cloves garlic, crushed
1/2 red bell pepper, finely chopped
1 1/2 teaspoon (7.5ml) salt
1 egg
1/2 cup (120ml) ketchup (tomato sauce) for the glaze
1 teaspoon (5ml) ground cumin for the glaze
1 teaspoon (5ml) Worcestershire sauce for the glaze
1 teaspoon (5ml) hot pepper sauce for the glaze
1 tablespoon (15ml) honey for the glaze



Preparation

Preheat your oven to 180°C. Mix the following in a small bowl - croutons, black pepper, cayenne pepper, chilli powder, and thyme. Ensure the mixture is of a fine texture. Place this mixture into a large bowl. Combine the onion, carrot, garlic, and red pepper in the bowl. Add the vegetable mixture, ground sirloin, and ground chuck with the crouton crumb mixture. Season the meat mixture with the salt. Add the egg and combine thoroughly, but avoid squeezing the meat. Shape mixture into a loaf on top of the aerated lifter inside the lightly greased meatloaf pan. Bake at 180°C for 15 minutes and remove from oven. While baking, combine the ketchup, cumin, Worcestershire sauce, hot pepper sauce and honey. Brush the glaze onto the meatloaf and return it to the oven. Bake at 180°C for a further 45 minutes, or until the internal temperature reaches 68°C.

Serving Suggestion

Once the meatloaf is cooked, remove the meatloaf pan from the heat source and let it stand for 10 minutes. Simply lift the meatloaf out of the pan using the lifter and put it on to a serving plate. Slice, serve and enjoy!



BELGIAN MEATLOAF

Ingredients

1kg lean ground beef (mince)
1 cup (240ml) breadcrumbs
3/4 cup (180ml) milk
3 tablespoons (42g) butter
1 large onion, finely chopped
150g white mushrooms, sliced
1 garlic clove, finely chopped
1 large egg
3 tablespoons (45ml) fresh parsley, finely chopped
1 teaspoon (5ml) fresh sage, finely chopped
1 teaspoon (5ml) fresh oregano, finely chopped
1 teaspoon (5ml) fresh thyme, finely chopped
1 teaspoon (5ml) salt
1 teaspoon (5ml) pepper
1 pinch nutmeg
1 tablespoon (15ml) port wine
1 tablespoon (15ml) cognac
1 sprig rosemary



Preparation

Preheat your oven to 180°C. Soak bread crumbs in 3/4 cup milk. In a medium skillet (pan), melt the 3 tablespoons of butter, and then add the onion and sauté for 2 minutes. Add the mushrooms and sauté for 5 minutes. Add the garlic and sauté for 1 minute. Hand -squeeze the milk from the breadcrumbs. Mix the following in a large bowl - ground beef, egg, squeeze dried bread crumbs, onion/mushroom/garlic mixture, parsley, sage, oregano, thyme, salt, pepper, nutmeg, port and cognac. Shape mixture into a loaf on top of the aerated lifter inside the lightly greased meatloaf pan. Top with rosemary and bake at 180°C for 1 hour, or until the internal temperature reaches 68°C.

Serving Suggestion

Once the meatloaf is cooked, remove the meatloaf pan from the heat source and let it stand for 10 minutes. Simply lift the meatloaf out of the pan using the lifter and put it on to a serving plate. Slice, serve and enjoy!

CLASSIC MEATLOAF

Ingredients

- 700g ground chuck (mince)
- 350g spicy ground pork sausage or Italian sausage
- 1 cup (240ml) onion, finely chopped
- 1 celery rib, finely chopped
- 1 tablespoon (15ml) minced garlic
- 1 carrot, finely chopped
- 1/2 cup of finely chopped scallions (can substitute with onion)
- 2 tablespoons (28g) butter
- 2 teaspoons (10ml) salt (use 1 1/2 teaspoons if using Italian sausage)
- 1 1/2 teaspoons (7.5ml) freshly ground pepper
- 2 teaspoons (10ml) Worcestershire sauce
- 2/3 (160ml) cup ketchup (tomato sauce)
- 1 cup (240ml) fresh bread crumbs
- 2 large eggs, beaten slightly
- 1/3 cup (80ml) fresh parsley leaves, finely chopped



Preparation

Preheat your oven to 180°C. In a large heavy skillet cook the onion, celery, carrot, garlic, and scallions in butter, over medium heat while stirring, for about 5 minutes. Cover the skillet and stir occasionally until the carrots are tender- about 5 more minutes. Stir in salt and pepper, Worcestershire sauce, and 1/3 of a cup of ketchup. Cook for 1 more minute. Mix the following in a large bowl – chuck and sausage, eggs, precooked vegetables, bread crumbs and parsley. Shape mixture into a loaf on top of the aerated lifter inside the lightly greased meatloaf pan. Top with remaining 1/3 cup of ketchup and bake at 180°C for 1 hour, or until the internal temperature reaches 68°C.

Serving Suggestion

Once the meatloaf is cooked, remove the meatloaf pan from the heat source and let it stand for 10 minutes. Simply lift the meatloaf out of the pan using the lifter and put it on to a serving plate. Slice, serve and enjoy!



BACON AND CHEESE MEATLOAF

Ingredients

1kg ground beef (mince)
1 cup (240ml) milk
6 slices white bread
1 cup (240ml) freshly grated Parmesan cheese
1/4 teaspoon (1.25ml) seasoned salt
3/4 teaspoon (3.75ml) salt
1 teaspoon (5ml) freshly ground black pepper
1/3 cup (80ml) parsley, finely chopped
4 eggs, beaten
10 slices regular bacon
1½ cup (360ml) ketchup (tomato sauce) for the sauce
1/3 cup (73g) brown sugar for the sauce
1 teaspoon (5ml) dry mustard for the sauce
Tabasco (or hot pepper sauce) to taste for the sauce



Preparation

Preheat your oven to 180°C. Pour milk over the bread slices and allow it to soak in for several minutes. Place the ground beef, milk-soaked bread, Parmesan cheese, seasoned salt, salt, black pepper, and parsley in a large mixing bowl. Pour in beaten eggs.

Mix the ingredients until well combined. Shape mixture into a loaf on top of the aerated lifter inside the lightly greased meatloaf pan. Lay bacon slices over the top of the meatloaf mixture. Mix the following in a small mixing bowl to make the sauce - ketchup, brown sugar, mustard and hot sauce. Pour 1/3 of the sauce mixture over the top of the bacon and spread with a spoon. Place meatloaf pan in oven and bake at 180°C for 45 minutes. Then pour another 1/3 sauce over the top and bake for another 15 minutes, or until the internal temperature reaches 68°C.

Serving Suggestion

Once the meatloaf is cooked, remove the meatloaf pan from the heat source and let it stand for 10 minutes. Simply lift the meatloaf out of the pan using the lifter and put it on to a serving plate. Slice, serve with mashed potatoes, pour on the remaining 1/3 sauce and enjoy!

DON'T BE AFRAID TO EXPERIMENT!

Don't be afraid to experiment with different ingredients. After all, you are the chef who is putting together this masterpiece. Stamp down your spur of authority and create sumptuous alternatives to the recipes contained in this booklet. If others can't stand the heat, they shouldn't be in the kitchen. If you do stumble across a meatloaf recipe that you feel is worth crowing about, feel free to email it to us at recipes@beerbird.co.za .





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