

1770 HOUSE MEATLOAF

Source: The Barefoot Contessa Foolproof: Recipes you can trust – by Ina Garten

Prepared: February 2016 by Lauren O'Dell Patton

Makes: 6-8 servings

2 tablespoons good olive oil
2 cups chopped Spanish onion (1 large)
1 1/2 cups small-diced celery (2 stalks)
1 pound ground beef
1 pound ground veal
1 pound ground pork
1 tablespoon chopped fresh flat-leaf parsley
1 tablespoon chopped fresh thyme leaves
1 tablespoon chopped fresh chives
3 extra-large eggs, lightly beaten
2/3 cup whole milk
2 tablespoons kosher salt
1 tablespoon freshly ground black pepper
2 1/2 cups panko (Japanese bread flakes)
Garlic Sauce (recipe follows)

Preheat the oven to 350 degrees F.

Heat the olive oil in a large (12-inch) saute pan over medium heat. Add the onion and celery and cook for 5 to 7 minutes, stirring occasionally, until the onion is translucent but not browned. Set aside to cool slightly.

Place the beef, veal, pork, parsley, thyme, chives, eggs, milk, salt and pepper in a large mixing bowl. Put the panko in a food processor fitted with the steel blade and process until the panko is finely ground.

Add the onion mixture and the panko to the meat mixture. With clean hands, gently toss the mixture together, making sure it's combined but not compacted.

Place a piece of parchment paper on a sheet pan. Pat the meat into a flat rectangle and then press the sides in until it forms a cylinder down the middle of the pan (this will ensure no air pockets). Bake for 40 to 50 minutes, until a thermometer inserted in the middle reads 155 degrees F to 160 degrees F. Remove from the oven and allow to rest for 10 minutes. Slice and serve hot with the Garlic Sauce.

Garlic Sauce

3/4 cup good olive oil
10 garlic cloves, peeled
2 cups chicken stock, preferably homemade
3 tablespoons unsalted butter, at room temperature
Kosher salt and freshly ground black pepper

Combine the oil and garlic in a small saucepan and bring to a boil. Lower the heat and simmer for 10 to 15 minutes, until lightly browned. Be careful not to burn the garlic or it will be bitter. Remove the garlic from the oil and set aside. (I save the oil for vinaigrettes.)

Combine the chicken stock, butter and cooked garlic in a medium saucepan and bring to a boil. Lower the heat and cook at a full boil for 35 to 40 minutes, until slightly thickened. Mash the garlic with a fork, whisk in 1/2 teaspoon salt and 1/4 teaspoon pepper, and taste for seasonings. Spoon the warm sauce over the meatloaf.

COOK'S NOTES

Actually, I chose this dish because I'm not a big fan of meatloaf. I don't like ketchup and this recipe didn't call for any, so I thought it might finally be the one! It was a good meatloaf and I wouldn't change anything about it but for me, it was still meatloaf. When making this dish, be careful when boiling the garlic. Keep an eye on it so it doesn't burn. Ina said the garlic should boil for 10-15 minutes and mine burnt the first time around 7 minutes. The second time I tried it, I kept stirring it and it was done in about 6 minutes.

