

HERBED MEAT LOAF WITH CREAM SAUCE

Source: Above and Beyond Parsley

Prepared by: Nancy Kenner

Serves 8

1 pound lean ground beef
½ pound ground veal
¾ cup ground bread crumbs
1 egg
¼ cup grated Parmesan cheese
1 tablespoon chopped capers
1 tablespoon chopped parsley
¼ teaspoon freshly ground pepper
1 tablespoon olive oil
3 shallots or 1 small onion, minced
¼ cup chopped fresh sage
1 teaspoon chopped sweet marjoram
1 teaspoon chopped fresh thyme
2 strips bacon
Sprigs of fresh sage, to garnish

Sauce:

1 tablespoon tomato paste
¾ cup heavy cream
2 tablespoons chopped fresh sage

Preheat oven to 350 degrees. In a large bowl, combine beef, veal, bread crumbs, egg, Parmesan cheese, capers, parsley and pepper. Set aside.

In a heavy skillet, warm olive oil over medium heat. Add onion and sauté until translucent. Reduce heat and add sage, marjoram, and thyme. Continue to cook for 2 to 3 minutes. Remove from heat and allow to cool.

Add cooled herb mixture to meat mixture and combine well. Form into a loaf and set on a rack or use a well-greased 9- by 5-inch loaf pan. Top loaf with bacon strips and bake for 45 minutes until browned and firm to the touch. Allow loaf to cool for 10 minutes before serving. Reserve pan drippings.

For sauce: In a small saucepan, warm 3 tablespoons reserved pan drippings over high heat. Whisk in tomato paste and allow mixture to boil. Whisk in cream and reduce heat to low. Allow mixture to simmer, stirring regularly until reduced and thickened, for about 10 minutes. Whisk in sage.

Remove bacon strips, slice meat loaf and place on serving plates. Spoon sauce over slices and garnish with sprigs of sage.

Nancy's Notes: "Very tasty – love the simple cream sauce. Make with Party Potatoes."

